

Better Homes and Gardens.

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the stylemaker issue

style at home

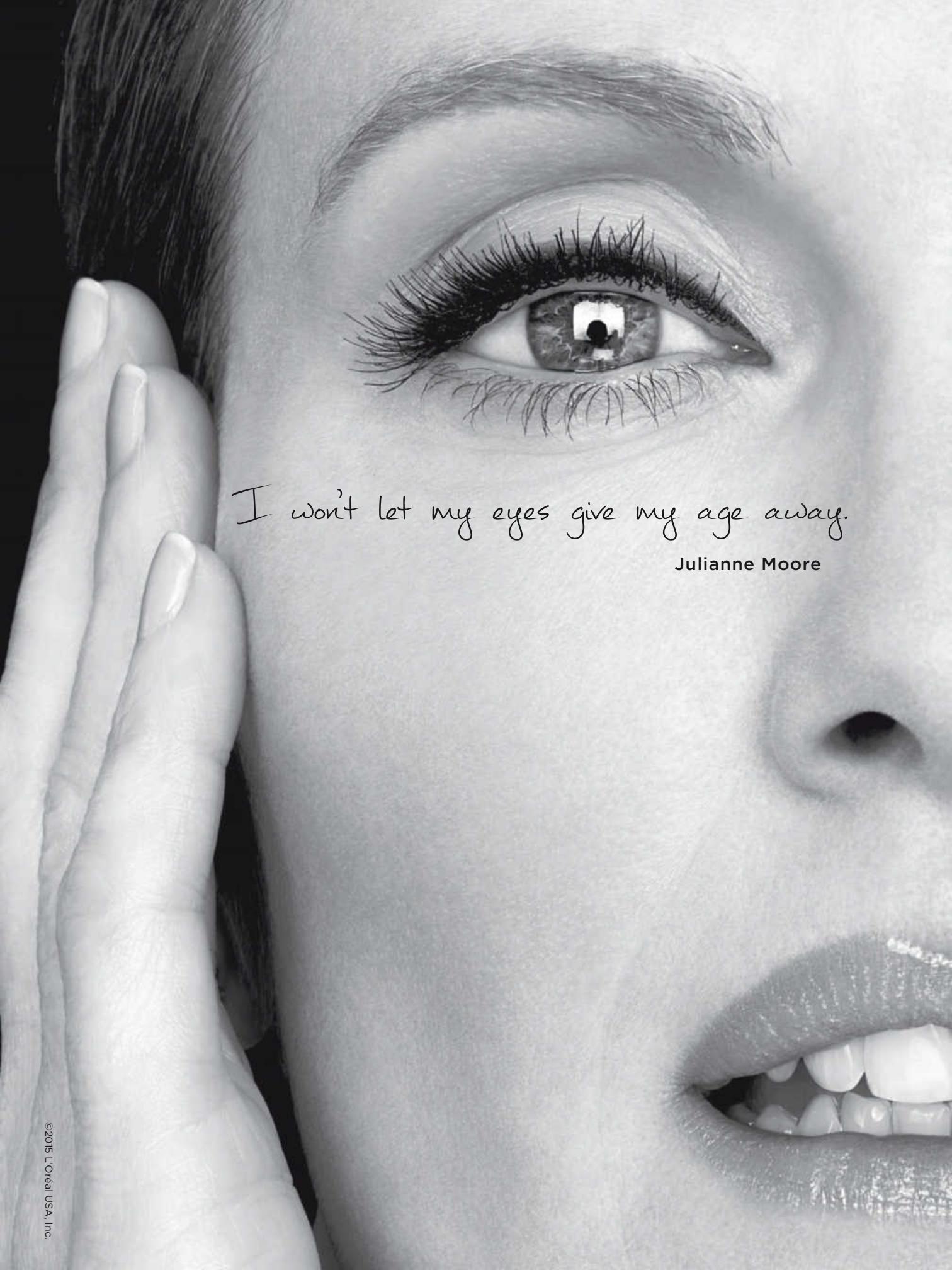
IDEAS FROM 19 TOP TRENDSETTERS

BROOKE SHIELDS p.72

FRESH STYLE FROM
BROOKE SHIELDS
REESE WITHERSPOON
DARBY STANCHFIELD

Plus 63 Ways
To Get the
LOOK YOU WANT





I won't let my eyes give my age away.

Julianne Moore

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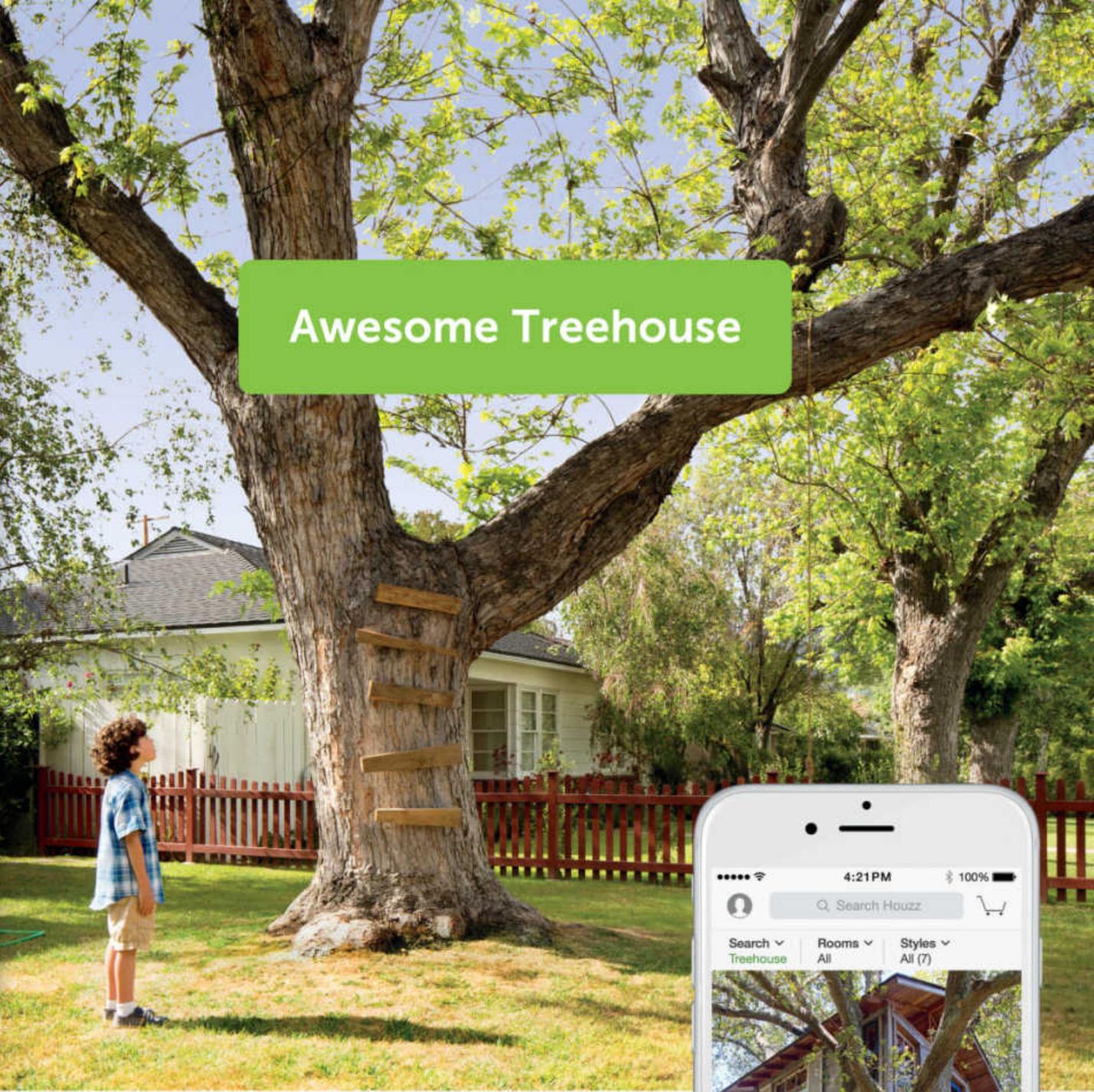
- 1 VISIBLELY DIMINISHES DARK CIRCLES
- 2 REDUCES THE APPEARANCE OF PUFFINESS
- 3 HELPS REDUCE UNDER-EYE BAGS
- 4 MINIMIZES THE APPEARANCE OF CROW'S FEET
- 5 SMOOTHES THE LOOK OF CREPINESS



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I love to nourish people.

Sara Forte



I mix cultures and eras.

Kishani Perera



I dream about decorating.

Brooke Shields



I start my day in the garden.

Darby Stanchfield

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get into out there, but you can in here.

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between friends



all good things evolve

Four years ago, we introduced the September Stylemaker issue, our first issue to focus on personalities who influence style at home and beyond. In 2011, that seemed like a big move for a magazine not known for featuring famous faces. Turns out it was exactly the right move, at the right time.

As the world has become more social, so has style. Most of us

invite personalities into our lives on a regular basis. We follow chefs and lifestyle gurus on Instagram and blogs. We develop design crushes from Pinterest, or tweet the name of a great shop. We hone our personal style by trying new things—colors, recipes, a DIY project. Then we share them with a snap of our phone.

Discovering new style influencers expands the conversation. So today, we weave trendsetters into every *Better Homes and Gardens*® issue, alongside everyday people whose homes and ideas spark your imagination. That's just one of the ways BHG has evolved to reflect changes in how we live and the culture we live in. We've added more content on entertaining, personal style, and innovation. Our food pages reflect your love for trying new flavors and fresh ingredients. And we've vastly expanded our digital and social media platforms so that any time you want a pop of inspiration, we're here.

More good things are ahead. Next issue, you will meet a new editor in chief, who comes to *Better Homes and Gardens* with a great passion for this brand and its mission. After nine incredibly rewarding years in this role, I look forward to a new direction, one that includes more time for adventure, family, and my favorite *Better Homes and Gardens* pursuits.

To the BHG team that creates this beautiful magazine: Thank you for your incredible talent, hard work, and genuine commitment. To Scott, Sarah, and Ellen: Thank you for your support, understanding, and love. And to our readers: Thank you for allowing me to come into your lives as part of this loved brand. It has been a privilege and an honor.

I wish you the best,

Gayle Goodson Butler,
Editor in Chief

our stylemakers on instagram



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@EM_HENDERSON Design ideas, DIYs, and glimpses of her cute family.



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AUTUMN ESCAPE

Gardening doesn't end when summer does! Learn to design a dream-worthy fall garden that will still look great after a few frosts. BHG.com/FallGarden

GET THE LOOK

We break down the formulas behind some of our favorite rooms. Find tips to get the look featured *above*, plus many more. BHG.com/TheLook ■



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fresh september

PHOTOS: (WATCH, CLUTCH, NECKLACE) MARTY BALDWIN, (VASES) ADAM ALBRIGHT; SHOES: LEOPARD HAIRCALF FLAT, \$110, WHBM.COM

switch it up

SEPTMBER 21
Make World Gratitude Day the start of something more. According to *Gratitude Works!* by Robert A. Emmons, people who practice appreciation are viewed as more outgoing, optimistic, and trustworthy.

Affairs of taste Expand your palate with Try the World, a passport to worldly cuisine. Every other month you'll receive a box of six or seven gourmet items from another country, along with recipes, a culture guide, and a playlist. Now serving: Japan. Subscriptions start at \$33 per box; trytheworld.com

It's shoe time! Show off your new fall shoes. Just post a picture tagged #ShoesdayTuesday and share with other footwear fanatics. Stay on your toes—there are five Tuesdays this month.

Smart set Paging Dick Tracy. Not only is the Moto 360 a fully functioning Android smart watch—wrist texts!—it's also a stylish accessory that goes with everything. Snap a photo of your outfit, and the free DressWatch app creates a watch face to match. We tried it out on a new fall frock from bodenusa.com. Watch, \$149.99; moto360.com

Novel idea The newest member of your book club? Skype. The free video app lets far-flung friends join the conversation. And increasingly, authors are making themselves available to clubs large and small. Just find them on social media and ask.

Charity miles Like the idea of racing for a cause, but not ready to join the pack? Try a friend-a-thon instead: Pick a charity and post your intentions to run, walk, or bike a certain number of miles, along with your fiscal pledge per mile. Then invite friends. Make collecting and donating easy with gofundme.com.

Just cause Nashville-based FashionABLE helps women in the United States and Africa launch businesses. Now it's adding star power. Actress Minka Kelly collaborated with artisans in Ethiopia on this suede clutch, and each purchase supports the sustainable, fair-trade cause. \$78; livefashionable.com



now trending
rosy gold

Eye shadow in *Telesio*, \$29; narscosmetics.com

Wallpaper in *Queen Anne Blush*, \$140 per roll; hyggeandwest.com

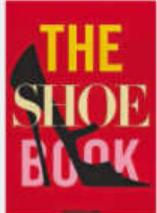
Copper cheese knives, \$7.95 each; crateandbarrel.com

Druzy Pop Ring, \$48; www.kristinelilly.com

Copper nesting bowls, \$49 for four; vivaterra.com

shelf life
Style books

Whether you're just looking or looking to learn, these fashion and style guides are captivating.



The Shoe Book
by Nancy MacDonell (\$50; Assouline)
A massive history from shoe mavens like Christian Louboutin—and pictures!



The Jewelry Recipe Book
by Nancy Soriano (\$24.95; Artisan)
Upcycled DIY accessories with an haute aesthetic.



Style Forever
by Alyson Walsh (\$19.95; Hardie Grant)
From a Brit fashion journalist, this is your new style bible. Really.



the happy moviegoer

Meet the Patels

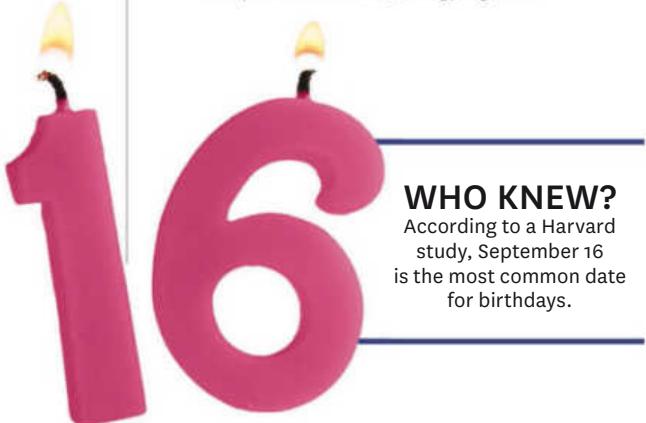
My big fat South Asian arranged marriage? When LA actor Ravi Patel finds himself suddenly single and pushing 30, he takes a page from his happily married parents and dives into the Indian marriage industrial complex. This doc is a delightful, frantic family affair: Mom and Pop lend quips and charisma; sis Geeta films. Out September 11.



connect + enjoy

Current addition

The Living Plug turns an outlet into a device-charging, energy-saving, kidproof socket. Just plug it in and enjoy three AC/DC receptacles, a USB port, and an on/off button. Turn it into decor with customizable faceplates. From \$25; livingplug.com



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DISHING UP STYLE

We're swooning over these small-batch porcelain dishes and imagining the possibilities: change catcher, sculpture atop a stack of books, ring bearer's wedding-band tray (true story!). The irregular shapes, painterly glazes, and gold flourishes are pure artistry—and proof that sometimes a single handmade item is all it takes to add amazing style. Ring dishes, \$30 each; suiteonestudio.com



Talk about versatile. These beauties are food-safe. Use them as saltcellars or condiment dishes.

READER DISCOUNT!

Get 15 percent off Lindsay's pottery through November 30. Shop suiteonestudio.com with coupon code BHG15.

RISING STYLEDMAKER

Lindsay Emery, founder of Suite One Studio, is bringing a chic, feminine look to pottery. "I love girly, but I also love to play in mud and get dirty," says the North Carolina designer and ceramicist.

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LOCAL STYLEMAKER

City native Tanya Holland is happy to bring a modern twist to soul food classics, but she does it her way: "in a straightforward and unfussy manner—just like Oakland itself," Tanya says.

SPOTTED Specialty sake at Umami Mart's Japanese kitchen and barware store. umamimart.com



One of the good things about an art subscription: You never get a box full of kohlrabi.



ON LOCATION oaktown

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POPULATION: 406,253

Long overshadowed by its Bay Area neighbors, Oakland is an underdog incubator of cool.

SOUL SEARCHING With her Brown Sugar Kitchen in West Oakland, chef Tanya Holland helped turn a gritty neighborhood into a tourist destination. The wait can be as long as two hours for her famous fried chicken and cornmeal waffles. If you can't wait, head to nearby offshoot B-Side Baking Co., or pick up a copy of her cookbook, *Brown Sugar Kitchen: New-Style, Down-Home Recipes from Sweet West Oakland* (\$29.95, Chronicle).

CUSTOM CURATION The Compound Gallery is singlehandedly spreading local art love with its monthly CSA-like Art in a Box. Sign up, pick your art preferences, and get ready for just-for-you original works. artinabox.net

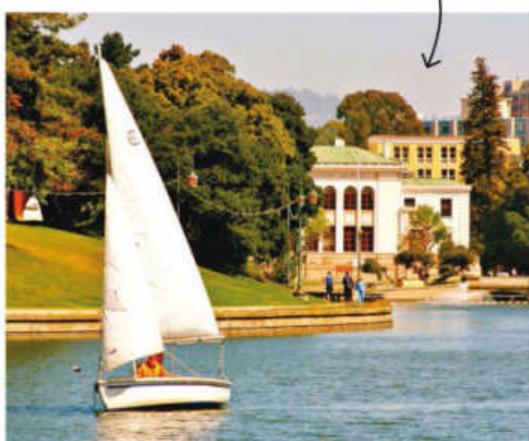
NOW BLENDING The Living Apothecary wants you to drink to your health. Its vegan kefir water tea tonics are gaining popularity as the new potable probiotic—they're fermented in a 48-hour cycle, then mixed with tasty loose leaf tea blends like peony-lavender and pear ginger. Bonus: The Living Apothecary offers fresh-pressed organic almond nut milks, too. livingapothecary.com

FUR REAL Cat Town Cafe—the first of its kind in the United States—is part coffee shop, part cat adoption center, and all heart. cattowncafe.com

SAY CHEESE Homeroom's founders thought outside the mac and cheese box when they opened an eatery specializing in the comfort food. Choose from a dozen flavor options (Buffalo chicken! Sriracha!) or build your own via an ample à la carte list of add-ins (Peas! Soyrizo!). Eat in, or order through the free app and have your food delivered to your car. homeroom510.com

WHO KNEW?

Bay, schmay. Oakland's other body of water, Lake Merritt, offers parks, performances, and lots of boating.





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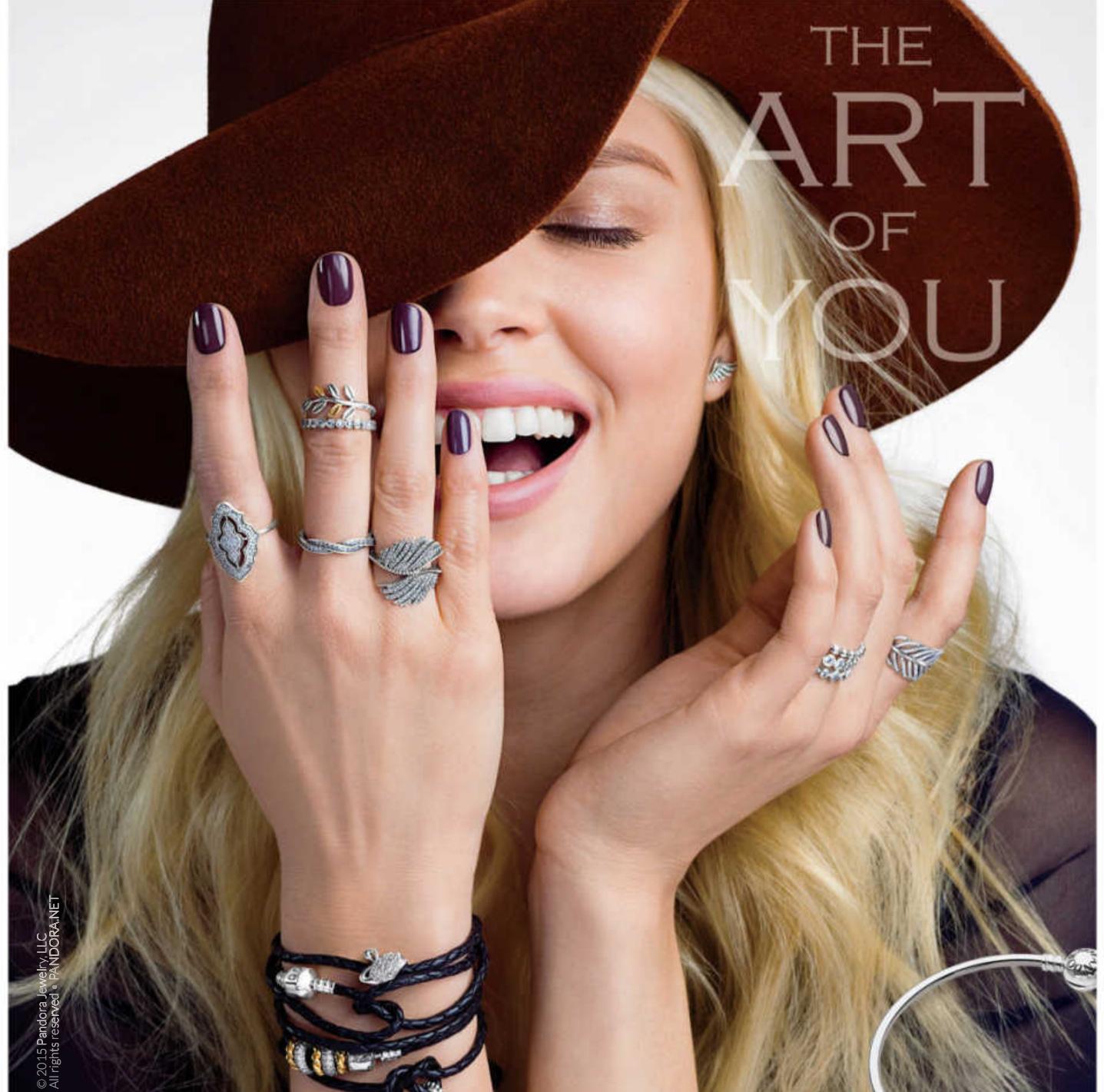


IN ESSENCE

Botanical extracts soothe and repair, while high doses of hyaluronic acid nip dryness in the bud. *Clockwise from top:* Estée Lauder Nutritious Vitality 8 Radiant Dual-Phase Emulsion, \$62; esteeleauder.com. Kiehl's Iris Extract Activating Treatment Essence, \$45; kiehls.com. Fresh Peony Spot-Correcting Brightening Essence, \$65; sephora.com. Mizon Mela Defense White Capsule Essence, \$34; peachandlily.com. Cremorlab Mineral Treatment Essence, \$42; peachandlily.com. Belif Classic Essence Increment, \$46; sephora.com.



A new category in the United States, essences are applied after cleansers and before serums to calm irritation and plump up skin, minimizing lines.



THE
ART
OF
YOU

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GET THE LOOK

These products are available on draperjames.com: bracelet, \$125; cocktail napkins, \$85 for four; sweatshirt, \$125; skirt, \$215; wallet with chain, \$185.

“Southern style is colorful, full of life, and unapologetically pretty.”

Linens in the line are a collaboration with Number Four Eleven, specialty monogrammers in Savannah.

Actress, mom of three, and creator of lifestyle line Draper James

BY ELLEN MILLER

ON THAT NAME “Draper James comes from my grandparents—Dorothea Draper and William James Witherspoon. In launching the brand, I wanted to celebrate all that I love and remember about growing up in the South.”

ON STAYING LOCAL “It was really important to me that we [support] local artists and manufacturers,” she says. “Seventy percent of the collection is made in the U.S.—40 percent in the South.” The first Draper James store opens this month in Nashville in a space inspired by Reese’s home there.

ON FALL FASHION “There will be new prints, including a large windowpane check and several different florals in teals and whites. All of the pieces coordinate with each other for effortless dressing—important for busy women on the go.”

ON ENTERTAINING “Every home should feel warm and welcoming. Guests always love my grandmother’s iced tea, so I serve that with one of our cocktail napkins.”

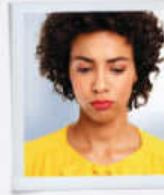
ON FALL TRADITIONS “The minute I step off the plane in Nashville, I take in all of the gorgeous trees starting to turn colors. We love to take the kids to a Friday night football game. We get dressed in warm coats and cheer and enjoy watching [the team] play their hearts out.”

Reese’s favorite flower: Southern magnolias.





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IN THE KNOW

contouring

BY ELLEN MILLER



toolbox

Big blender

Fingers are fine for creams and liquids, but powders require brushes to place product precisely.

**FLAT-TOP BRUSH**

Use the side to apply contouring powder and the top to blend. E.L.F. Studio Powder Brush, \$3; elfcosmetics.com

**ANGLED BRUSH**

The slant helps you correctly place your highlighter. Sonia Kashuk Large Angled Contour Brush, \$9.99; target.com

**FLUFFY BRUSH**

To get an even, airbrushed finish, use this tool for a final once-over. Ulta Powder Brush, \$20; ulta.com

3 RULES FOR ... defining your features

1 FORGET WHAT YOU THINK YOU KNOW This super-trendy technique is as far from '80s war paint as you can get. Today, it's all about making your face look just a little more chiseled: sculpted cheekbones, lifted eyes, a slimmed-down jawline, plumper lips. To create these optical illusions, you apply makeup that's about two shades deeper than your skin tone to some areas (hairline, jawline, and hollows of your cheekbones) and about two shades lighter to others (browbones, cheekbones, Cupid's bow, bridge of your nose, top of your chin). But the key is to be subtle. Otherwise, you can end up looking like a paint-by-numbers project.

2 KEEP IT SIMPLE There are contouring palettes on the market packed with eight or more different shades. "Unless you're a pro, that's probably a bad idea and most definitely a waste," says Lauren Cosenza, a makeup artist and beauty blogger in New York City. Instead, pick a product—powder, liquid, cream, or crayon—that comes with just two shades. The darker contouring shade should always be matte; the highlighter can be matte or slightly shimmery, Cosenza says. (If your skin tone gets deeper in the summer, it's OK to go up to five colors to last you all year. We like the Sephora Collection Contouring 101 Face Palette, *left*, \$28; sephora.com.)

3 BLEND—THEN BLEND AGAIN When you're finished, both shades should be nearly imperceptible. To get a natural look, blend thoroughly after each step. (Seriously—get in there!) At the end, go back over your entire face with a clean, fluffy brush to eliminate streaks. "And I always check my makeup in natural light before I leave the house to make sure I haven't overdone it," Cosenza says. Now you're ready to snap a selfie—no filter required.

5 EDITOR-APPROVED CONTOURING KITS



1



2

**DID YOU KNOW?**

Contouring can be easy! Makeup artist Lauren Cosenza shows you how. BHG.com/Contouring



4



5

1 Marc Jacobs Beauty [Instamarc Light Filtering Contour Powder](http://sephora.com), \$49; sephora.com **2** Clinique [Chubby Stick Sculpting Contour and Sculpting Highlight](http://clinique.com), \$21 each; clinique.com **3** Nyx Cosmetics [Wonder Stick](http://nyxcosmetics.com), \$12; nyxcosmetics.com **4** Estée Lauder [New Dimension Shape + Sculpt Face Kit](http://esteeleauder.com), \$50; esteeleauder.com **5** Dr. Jart+ [BB Mate Contouring 1.2.3 Kit](http://sephora.com), \$45; sephora.com

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fireside cocktails

When Erin Gleeson entertains, there's no question where the party will be. Her back deck is everyone's happy place. By a warming fire pit with a hot drink in hand, you'll find it's slip-into-fall perfection.



ENJOY SAFELY
Two fire pit musts: Keep the cover on, and have an extinguisher close by.

THE EXCUSE

The days are growing shorter and the nights chillier. Time to say so-long to summer, hello to fall.

THE LOOK

Earthy, woodsy, and homey (toss on the pillows and rugs), with a go-with-the-flow Bohemian vibe.

THE DISHES

An endive bar as the interactive appetizer; spiced pecans as easy-grab nibbles.

THE DRINK

Hot Pear Toddy that guests can ladle out of the slow cooker.



THE STYLEMAKER

Erin Gleeson, California foodie (theforestfeast.com), photographer, and artist. That's her watercolor fox on the pillow, left.



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1



2



3



4

THE DETAILS

1 Build-your-own endive cups are a lightened-up riff on a crostini bar. Ramekins hold the fillings—fall flavors such as butternut squash, fig jam, and caramelized onions. A big tray makes for movable feasting.

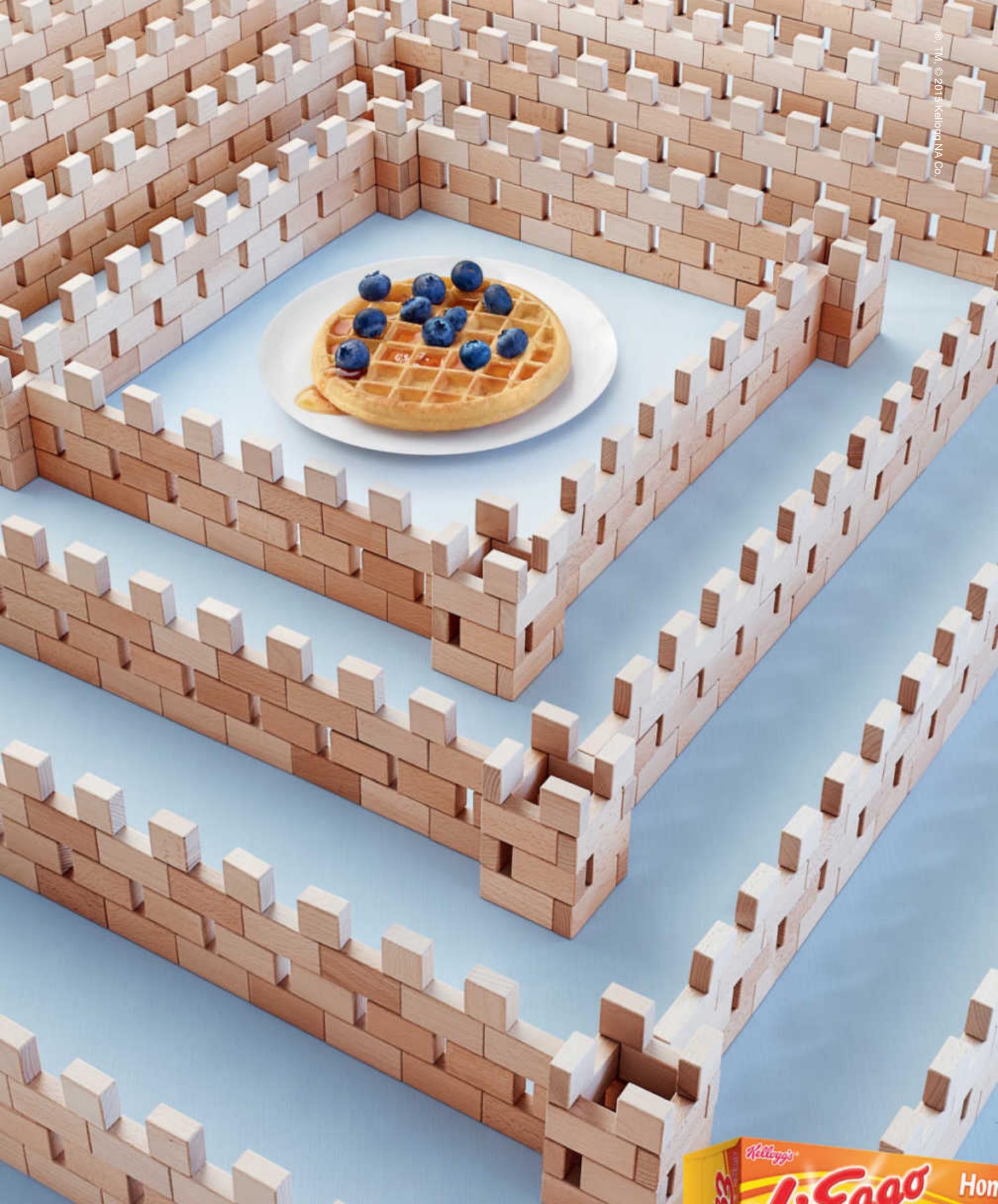
2 Pear nectar warmed with bourbon and cinnamon sticks hits the spot when the sun sinks. A pretty dish towel fancies up Erin's '70s slow cooker.

3 "I like to keep things simple and self-serve so I can enjoy my guests," says Erin, holding 10-month-old Ezra.

4 Moroccan tea glasses serve as vases for a fall-tastic mix of flowers and from-the-yard foliage (similar glasses, \$35.94 for six; worldmarket.com). Erin sets the mini bouquets in strategic places—including on the dessert plate piled with caramels and chocolates. ■



Erin's woodsy setting inspired her cookbook, *The Forest Feast* (\$35; Stewart, Tabori & Chang)—and two others that are due out in 2016.



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Diamond® Delamere cherry wood and black forest finish cabinets shown.

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home

1 SEARCH SMARTS

When shopping online sites like eBay, Kishani says, you "have to sort through a lot of junk." Her top tip: "Don't search designerly words like *Hollywood Regency* or you'll turn up expensive stuff." Instead, genericize. A search for *vintage* could turn up a find that's far below market value.



10 THINGS TO LOVE ABOUT *vintage treasure*

Flea markets, antiques shops, eBay, Craigslist—designer Kishani Perera prowls them all for one-of-a-kind finds to use in her LA bungalow.

BY SALLY FINDER WEEPIE | PRODUCED BY JESSICA THOMAS
PHOTOS JOE SCHMELZER | STYLING JONI NOË



IT'S ALL

IN THE MIX,

says Kishani Perera, designer, author, and owner of the LA boutique Rummage. She's always on the lookout for great secondhand finds. Her discoveries—layered with new pieces retail and custom, high-end and bargain-basement—are the spices in her recipe for personal style.

"You can't throw everything together and call it eclectic," she says. "You need balance. I'll pile stuff on a table to create a vignette, but I make sure there's breathing room—a stillness between each focal point."

The focal points in Kishani's 1930s bungalow are pieces she didn't have the heart to sell in her shop. "Some things are too amazing," she says. "I love them, and they make me happy. That's what good design is: a home that makes you happy every time you walk in the door."

2 COMFORT ZONE

Secondhand furniture and a pet-friendly home go together like kibbles and bits.

"Vintage pieces already have dings, so there's no worry," Kishani says.

3 SHOW AND TELL

Kishani's vintage-remix style shows it's OK to put your favorite books, art, anything out there. Just remember to vary scale, color, shape, and texture. And, yes, neatness counts.

4 COLOR MADE EASY

Kishani likes grayed-down shades to set a warm, interesting backdrop on walls and large furnishings. These neutrals let you accessorize vibrantly with collected accent pieces: drip-glaze pottery, old books, and colorful fabric.



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TOP IT OFF

Kishani had the super-glam chandelier made and offers look-alikes in her shop.



5 LAYER ON PERSONALITY

Kishani snagged a deal on a sleeper sofa, then dressed it to fit her look by draping the back and seat with a sari. She added a riot of plum shades and textures with pillows.

6 FUN SURPRISES

Little vignettes of vintage flair define Kishani's style—the oil paintings, the elephant lamp, and the old-fashioned reading glasses topping a stack of books.



STEP UP

Create levels by using a footed tray.

IT'S THE STOPS
THAT INSPIRE
US TO GO.



Toyota Camry | toyota.com/camry

Prototype shown with options. Production model will vary. ©2015 Toyota Motor Sales, U.S.A., Inc.

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Go
Places*

“So many pieces from earlier times were made to **LAST FOREVER**. That’s the beauty of vintage.” **Kishani Perera**



Cabin Fever 1540
Benjamin Moore

BRASS ACT
Antique brass lighting gives any room a sense of history. This patina is a winner!

7 MOOD SWINGS

As Kishani's palette flows into the bedroom, the taupy gray goes restfully deeper, to a dreamy gray-green-brown that meshes with an antique dresser, nightstand, and lantern. “I wanted my bedroom to feel like a cozy cave,” she says.

8 METAL EDGE

Whether it's seductive copper, sophisticated matte brass, or sparkling chrome, a mix of metal finishes adds surprise, and a little sparkle, to any decor.

9 MAKE YOUR OWN RULES

When Kishani finds a great vintage bargain, sometimes she keeps the aged patina. Other times, she switches it up with new fabric or paint. Benjamin Moore's high-gloss black is a favorite for giving old wood pieces a cool new vibe.

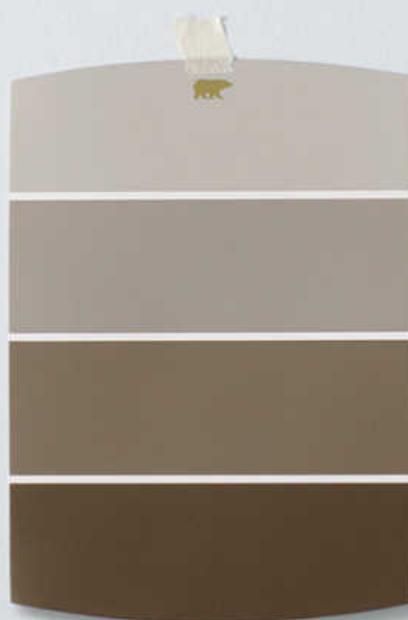
10 FEELING IT

Contrasting textures make Kishani's home compelling. Nubby meets velvety; cool metal mingles with warm wood.



LOVE A GOOD FLEA MARKET?

These are the nine you must visit in your life.
BHG.com/FleaMarkets

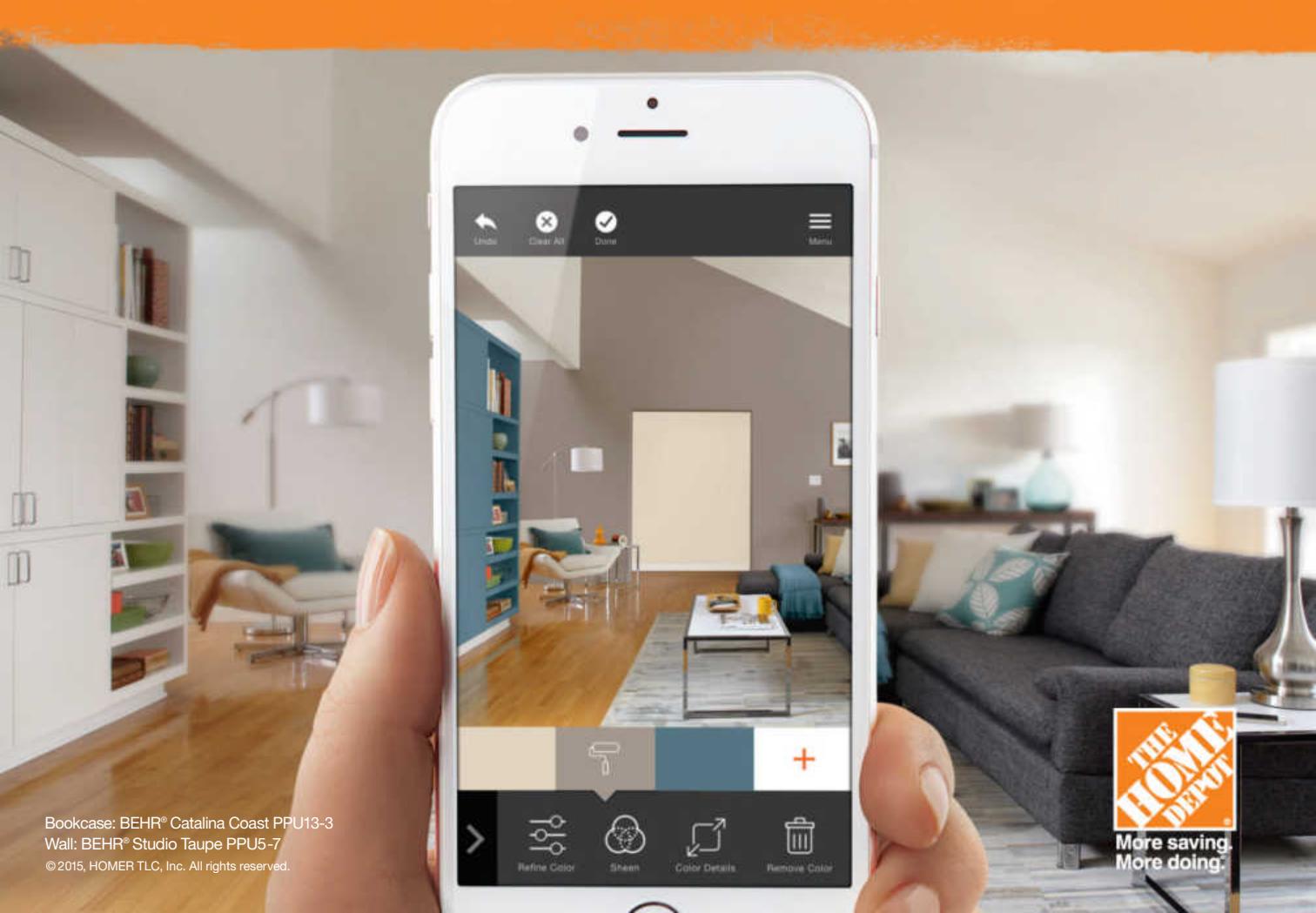


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Bookcase: BEHR® Catalina Coast PPU13-3

Wall: BEHR® Studio Taupe PPU5-7

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Signature Style

Kishani Perera

I START MY DAY WITH

"A pug or two or three, forcing me to wake up."

FAVORITE ESCAPE

"Anywhere with clear turquoise seas. Mexico is my paradise. I just splurged on a trip to Cuixmala. It means 'where the soul can rest.' At night the stars go all the way to the ocean. Seeing ginormous birds and sea turtles was magical for me."

CAN'T SAY NO

"I love anything Moroccan and exotic, and anything turquoise and brass."

BEST STORAGE TIP

"Little cubbies keep small stacks organized."

INSPIRATION CAN BE FOUND

"Everywhere. People, music, art, books, nature, color, textiles, and so much more. Music is my soul. I'm always listening. It can be anything from indie to world to old punk to '40s tunes."

BEST DECORATING ADVICE

"Style is innate. Embrace your look, and be fearless!"

FAVE FOOD

"Because I have food allergies, I've had to become good at cooking for myself—and I love it. I make a chocolate-raspberry cake you wouldn't believe is vegan. My cooking is influenced by my Sri Lankan heritage." ■



A few of Kishani's favorite things

TABLE TOPPER Splatter bowls. "In love with how they dress up a table," Kishani says. \$180 for three; trnk-nyc.com

WEARABLE ART Handpainted top. "So artistic with ethnic flair," she says. \$97; shop.ensie.com

WHIMSICAL DECOR Eliza Gran's Venice Sunrise Basket exudes happy. \$88; elizagranstudio.com

FRAGRANCE Molecule 02, a subtle scent perfect for everyday. \$130; escentric.com

GLAM ACCESSORY "Gold pots take gardening to the next level," Kishani says. From \$14 each; anthropologie.com



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Signature

style

What do a stylist, an artist, and a fashion designer have in common? Impeccable taste! Meet three trendsetters who find beauty at work, at home, at play—in every facet of their lives.

BY JODY GARLOCK
PHOTO ADAM ALBRIGHT





EMILY HENDERSON

Perfection is overrated for this Los Angeles stylist (stylebyemilyhenderson.com) and 2010 *HGTB Design Star* winner. "Let's get weird!" she says.

MY DECORATING STYLE

"Happy, layered, and vintage-inspired."

DESIGNER TRICK

"Throwing a beautiful blanket over a sofa or headboard. Quick and satisfying."

READING

"*The Girl on the Train* by Paula Hawkins."

LISTENING TO

"Lord Huron and—before long—a baby monitor."

I GET INSPIRED BY

"Wandering on foot around cities. It's the best way to find the gems."

FAVORITE ESCAPE

"My own bed when it's too early to go to bed. It feels so naughty and wonderful."

OBSSESSION

"I have a thing for hand-thrown blue pottery (left)—of all tones. Recently I've been drawn to teal because it just makes me so happy."

HIDDEN TALENT

"I'm extremely good at directions and navigating. I know where north is at any given time."

EVERY ROOM NEEDS

"Some soul, which is usually found in antiques or vintage pieces."

WORDS I LIVE BY

"It's all up to you."



BRUSHED-GOLD GLAM

"I keep wanting to put it in every room," Emily says of the lamp that made it onto the cover of her new book, *Styled* (out October 13, \$32.50, Potter Style).

Abstract paintings are my shopping Achilles. Soft, happy colors like these make my day, a bit brighter.

A few of Emily's favorite things

LAMP Threshold Table Lamp (available late September), \$49.99; target.com

SPLURGE-WORTHY SANDALS Kinta, \$345; rachelcomey.com **ABSTRACT ART** Emily scours the Internet for affordable art, like this Brenna Giessen piece. Similar works, brennagiessen.etsy.com

I am



Vera Bradley
Fall Fashion | 2015
verabradley.com

Jen Ramos

JEN RAMOS

This New York City paper goods goddess and artist loves feminine flourishes—hence her company Made by Girl.

STYLE IS

"The expression of things that make you happy—brought together in your rooms or what you wear."

I'M INSPIRED BY

"Photography, museums, nature, coffee table books, and colors."

FAVORITE TREND

"Gold. There's something sexy about warm tones like brass."

EVERY ROOM NEEDS

"Fresh flowers. They're colorful, fragrant, and make everyone smile."

DECORATING PET PEEVE

"Wrong art. The art you pick needs to move you—and be able to do so for a long time—not just fill a space."

TREASURED ITEM

"A key (left) from The Giving Keys, a company that helps the homeless. It says 'nuevo'—new in Spanish—and represented a new chapter in my life. It was strange because it was given to me a month before we adopted our son."

SECRET PASSION

"Singing and music."

DESIGN TRICK

"Books are a great way to fill spaces. Just vary the direction they face."



OUT AND ABOUT

If she's doing a lot of walking, Jen lightens the load with this quilted clutch.

GOLDEN TOUCH

"I mostly love it because it's edgy," Jen says of this skull-topped brass candleholder.



A few of Jen's favorite things

LITTLE BLACK BAG Mini Quilted Affair, \$195; rebeccaminkoff.com **LIP GLOSS** Juicy Tubes, \$18; lancome-usa.com **PEONIES** Jen's fave glass doubles as a bud vase. Iittala Ultima Thule Footed Highball, \$64.99 for two; finnstyle.com **ART** Pink Swan is one of Jen's original paintings. \$135; madebygirl.com



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Trina



TRINA TURK

Bold prints and vivid colors drive this Los Angeles fashion designer—and her label that's celebrating its 20th anniversary.

PERSONAL STYLE

"Graphic and simple, with an occasional vintage ethnic garment and strong jewelry."

I'M INSPIRED BY

"Observing the world around me. All you have to do is open your eyes and take a look."

WORDS I LIVE BY

"Don't take yourself too seriously."

READING

"*Tropicana Nights: The Life and Times of the Legendary Cuban Nightclub* by Rosa Lowinger and Ofelia Fox."

OBSESSION

"I love Instagram (@trinaturk) and use it as a photo diary of moments, inspiration, places, and events."

PERFECT MEAL

"Something grilled by the water."

ENTERTAINING TIP

"Make it fun. Invent a reason for a party, even if it's simply 'We're celebrating September.'"

DECORATING ADVICE

"Don't be afraid of a little color (left)."

HIDDEN TALENT

"Pie making. The fun part is creating a decorative crust."

FAVORITE ESCAPE

"My Palm Springs home with my husband, Jonathan. A quick drive, and we can exhale after a busy week in the design studio." ■



“California’s lifestyle, landscape, architecture, and climate inspire my designs.”

COCKTAIL TIME

Trina’s happy place: poolside with a grapefruit Campari spritzer (served on her graphic napkin).



A few of Trina’s favorite things

STATEMENT JEWELRY Stacked Disc Long Necklace, \$128; trinaturk.com

GRAPHIC COCKTAIL NAPKINS Trina Turk Palm Springs, \$38 for four (styles vary); 760/416-2856

BOLD NAILS Cajun Shrimp, \$9.50; opi.com

VINTAGE TCHOTCHKES Every room needs them, Trina says; this owl dish fills the bill. Palm Springs’ Bon Vivant (gmcb.com) is one of her favorite shops.





♪ I want
to be
a hairbrush.
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KEEP AMERICA
BEAUTIFUL

**BITTERSWEET
CHOCOLATE**

2114-10 Deemed the "perfect chocolate brown" by Patrick, this rich shade launched his palette. Use it in matte on walls to help hide imperfections.

Benjamin Moore

EYE CATCHING

6914 Patrick loves using an acidy yellow-green as an accent. It's just right on a desk lamp or statement vase.

Sherwin-Williams

natural fit

Designer Patrick Mele wakes up rich earthy browns with dazzling leafy greens.

DO NOT DISTURB

1117-6 Let nature shine as an accent. Lively green in plantings or pottery energizes a room.

Pittsburgh Paints

CHANTILLY LACE

2121-70 Like a cool glass of milk, this color always refreshes. Coat trim in a high-gloss sheen.

Benjamin Moore

POTTER'S CLAY

A1853 Mellow out dark walls by using neutrals in textiles—try a throw or drapes in a monochromatic pattern.

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Bittersweet Chocolate
Benjamin Moore

SHADE SHIFTING
Subtle pattern extends the brown-and-white scheme.

"I love the crisp, true color combo of brown and white."

Patrick Mele

STUDIO SAVVY Patrick transformed his friend Brian Reilly's New York City studio apartment while staying true to Brian's overall look. "He's an exceptional floral and event designer, so I brought in the heavy dose of naturals as an homage to his style," Patrick says.

WALLS THAT WOW The starting point was the chocolate brown walls. "In a tiny one-room studio, you can either go for impact or just keep the walls white," Patrick says. He balanced the bold walls by keeping accessories mostly white and mixing in greens through accessories and plants. "It's definitely a 'less is more' approach—don't be afraid to edit one item out!"

OUTSIDE IN "The color palette is pulled directly from nature. Look outside in the garden or backyard and you can see how the colors work beautifully together—the brown in the dirt, new leaf green, acid green in florals—it makes for a gorgeous color mix."



PATTERN: Mauritus in Orage, Pierre Frey
ACCENTS: Olive Moss, French Quarter Gold (Benjamin Moore)
WALL: Stampede (Benjamin Moore)

TROPICAL VACATION Life's a breeze with this palm print. Patrick loves it as a wallcovering with golds, taupes, and a hit of spring green as accents. For a more subtle take, paint walls in Stampede and use the palm pattern on drapery panels.

FRESHEN UP WITH PATTERN



PATTERN: Mauritus in Orage, Pierre Frey
ACCENTS: Olive Moss, French Quarter Gold (Benjamin Moore)
WALL: Stampede (Benjamin Moore)



PATTERN: Tam Tam in Bananier, Pierre Frey
ACCENTS: Dragonwell (Benjamin Moore); Onyx, Delicate White (Pittsburgh Paints)

DOSE OF ADVENTURE Need an escape from the everyday? This bold basket-weave pattern stuns as a wallcovering in a small space. Patrick plays it up with black trim, a matching gold-green shade on the ceiling, and white accents or upholstery.



IT'S EASY!

See how to use fabric to pick a color scheme. BHG.com/FabricVideo

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Signature Style

Patrick Mele

STYLE IS "Everything, literally! Style is the way everything gets expressed about one's self. Style is what makes life fun!"

LATEST OBSESSION "Iris, Albert Maysles' documentary about fashion icon Iris Apfel. It's such an incredible film, and a great story about style, life, and love."

BEST WAY TO SPEND \$50 "A bottle of Brunello di Montalcino. You can't go wrong with a good bottle of wine!"

I GET INSPIRED BY "Traditional tribal mudcloths. The look and feel of the tribal weaves not only inspire my day-to-day work, but they also brought about my Grace fabric (created with Peter Fasano and shown in the window on page 52) that mimics the look in a lighter color scheme."



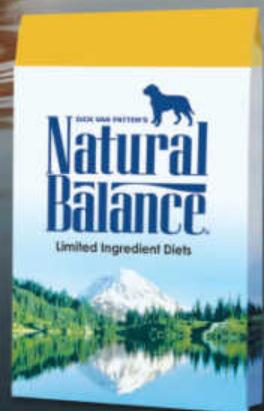
A few of Patrick's favorite things **FLORAL COLOR CRUSH** "The acidy green trim on these deep purple orchids—so gorgeous!" **SIGNATURE FRAGRANCE** Hermès Eau d'Orange Verte, \$71; sephora.com **HANDY DANDY NOTEBOOK** "They're a design classic—accessible and beautifully designed!" Moleskine Classic Notebook, \$16.99; overstock.com. **ITYT-BITTY INSPO** "I love the shape and attention to detail in such a tiny item." Vintage Dansk Antelope Figurine. ■

I call this
the calm before
the shake.



Like you, we at Natural Balance believe every dog has something that makes them unique. Which is why they deserve food made with ingredients such as venison, salmon, duck and sweet potato.

Food with substance *for* dogs with character.™



Darby Stanchfield in one of the terraced beds where she grows kale and arugula. It's occasionally a salad bar for the local deer, but this nature lover doesn't mind.



down to earth

She plays a political gladiator on *Scandal*, but there's nothing scandalous about the way Darby Stanchfield spends her off-set hours. You'll find her gardening around her LA home and loving every minute of it.

BY CATHY WHITLOCK | PHOTOS REED DAVIS
STYLING SCOTT HORNE

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petco 

WATER WISE
Darby thinks herbs have more flavor and fragrance when watered sparingly.



LIKE EVERY CHARACTER

on her hit show, *Scandal*, Darby Stanchfield, who plays sassy White House press secretary Abby Whelan, has a dirty little secret. This one, though, involves actual dirt. Turns out the gorgeous redhead has a major green thumb.

Darby's patio garden kicks out a bumper crop of veggies, tomatoes, and herbs, which she tosses into huge green salads that are a source of envy at work. "I'm known as the brown-bagger on the *Scandal* set," she says.

Credit the practicality to her Alaska upbringing. Dad was a commercial fisherman (think *Deadliest Catch*), and Darby and her sister foraged for morels and salmonberries. Fresh produce was scarce that far north, so visits to her grandfather's Washington state garden made a big impression. "From a very young age, I had that experience of those explosive flavors," Darby says. Now just about any fresh flavor she wants is right outside her door, ready to star in her latest salad creation.

Darby sets an alfresco lunch on her patio. She tosses a cloth over an outdoor coffee table and plops down floor cushions. Even outdoor rooms need textiles, she says: "It keeps the atmosphere cozy and inviting."

WAKE UP TO ENOUGH ENERGY TO BRING HOME THE BACON



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with Bacon

Nobody knows eggs better than Bacon, Kevin Bacon. That's why I know an egg is a great way to get 6 grams of high-quality protein for 70 calories, and no sugar or carbs. Perfect for when you've got your hands full being carried by someone who's got their hands full.

IncredibleEgg.org





PYRAMID SCHEME

Arrange plants shortest to tallest in a rough pyramid shape. Footed pots add height and make harvest easier.

Darby's Persimmon Pistachio Salad

Toss romaine with persimmon wedges, avocado chunks, chopped dill, and a handful of raw, unsalted pistachios. Drizzle with the juice of half a Meyer lemon and extra-virgin olive oil and toss. Sprinkle sea salt and cracked pepper to taste.



Signature Style

Darby Stanchfield

She plays a Q&A pro on TV. Now it's time for the actress and ace gardener to field a few of our questions.

DAY JOB "Currently, *Scandal*, a massive game of pretend while wearing designer clothes for 15 hours straight with people I adore."

I START MY DAY BY "Watering my vegetable garden."

PERSONAL STYLE "Strong lines, simple, and clean—with a killer shoe."

CAN'T LIVE WITHOUT "Phone calls with my mom and sister."

FAVORITE DECOR SOURCE

"Anthropologie. Not only do they have great home goods, but their store decor installations are inspiring."

WORDS I LIVE BY "You can do anything if you set your mind to it."

FAVORITE TREND "Wallpaper. I love that it's made a comeback. My bedroom has an incredible champagne string wallpaper with a palm leaf. It has a very old Hollywood Regency vibe."

WHAT I'M READING

"*An Astronaut's Guide to Life on Earth* by Chris Hadfield."

I GET INSPIRED BY

"The Archangel Ancient Tree Archive, a nonprofit dedicated to propagating old tree species before they disappear."

FAVORITE ESCAPE "Yosemite National Park."

BEST ENTERTAINING TIP

"Bake something. It makes your guests feel special."

HIDDEN TALENT "Organizing."

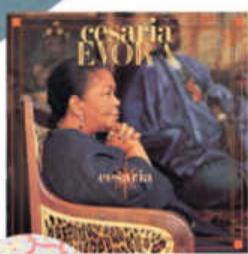


FLAVOR IN A FLASH

See how easy it is to grow your own herb garden in a single pot. BHG.com/HerbContainer

A few of Darby's favorite things **OIL & VINEGAR**

"These put a yummy twist on my salads." Rosemary Olive Oil and Fig Balsamic Vinegar, \$19 each; laquintaoliveoilcompany.com **T-SHIRT** Classic yet chic, in organic cotton with low-impact dye. Perfect Cap Sleeve Top, \$28.50; alternativeapparel.com **HAT** "I'm a big hat person, especially when I garden." Gold Coast Lifeguard Hat, \$19.99; ebags.com **CANDLE** "I burn one every evening." Voluspa Saijo Persimmon, \$8; anthropologie.com **MUSIC** "I love to unwind and cook to Cesaria Evora's rich, vibrant voice." **SWEET TREAT** "My day isn't complete without dark chocolate." Endangered Species, \$2.99 each; vitacost.com ■



PHOTOS: (PRODUCTS) BLAINE MOATS

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Signature Style

Suysel dePedro Cunningham

PERSONAL STYLE

“Feminine—I can’t say no to anything with a ruffle.”

CAN’T LIVE WITHOUT

“My passport.”

MY HIDDEN TALENT

“I have great penmanship from my Catholic school days!”

Anne Maxwell Foster

PERSONAL STYLE

“Like my decorating style: high-low with color and pattern mix.”

I’M A FAN OF

“Cloth napkins, every day!”

EVERY ROOM NEEDS

“Something old. Vintage and antique pieces always bring a sense of uniqueness and also come with a story. These pieces give rooms interest and individuality.”

1-2-3 punch

That’s three fabrics, chosen by the pattern gurus at design firm Tilton Fenwick to transform an old chaise into a total knockout.

BY NATALIE McILWAIN | PHOTOS FRANCES JANISCH
PRODUCED BY EDDIE ROSS



“We used to live with litter box odor. Now that we use BLUE Naturally Fresh, **the smell is gone.”**



For most cat parents, the biggest factor in choosing a cat litter is odor control. That's why BLUE Naturally Fresh® is made from walnut shells. **In lab tests, Naturally Fresh proved to neutralize odor better than litters made of pine, wheat, corn or clay.***

And when it comes to absorption, our walnut shell litter also proved superior. In fact, because **BLUE Naturally Fresh Quick-Clumping litter has up to 3x better absorbency, one bag of Naturally Fresh can last as long as three bags of the leading clay litter.***

What's more, BLUE Naturally Fresh is:

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*In separate independent studies commissioned by Blue Buffalo, BLUE Naturally Fresh Quick-Clumping litter was found to: (i) have a liquid absorption capacity at least three times greater per ounce than the leading clay-based litter; (ii) control ammonia odors better than the leading clumping litters; and (iii) form harder clumps than the leading pine, corn and wheat clumping litters.

†BLUE Naturally Fresh litter is biodegradable if composted or disposed of in a similar fashion. Landfill disposal of litter in plastic bags is not conducive to biodegradation.

MIXING & MATCHING

Since starting New York design firm Tilton Fenwick in 2010, Anne and Suy sel have become pattern junkies. "We rarely use just one fabric on any item. We love mixing it up with different fabric for the trim, fringe, or border. It's our signature detail," Suy sel says. Their passion for pattern took this seemingly hopeless \$1 Craigslist chaise longue and turned it into a statement piece. The design duo give us their secrets to combining patterns so you can give your thrift shop misfits and forgotten-about attic finds a new life.



PATTERN BY NUMBERS

Three fabrics from Tilton Fenwick's Duralee collection and a creamy neutral paint joined forces in the overhaul.

1. Rocat: "We pieced together the main print so that it essentially acts as two separate fabrics," Anne says. "The floral is on the cushion and the inside of the back. Then we cut a strip from the overall pattern and used that for the border design on the thickness of the cushion."

2. Lenox: The tiny allover floral print was used for the welt and tufted buttons.

3. Quintessence: The woven striped fabric is used on a bias around the back of the piece.

Paint: A fresh coat of Whispering Spring (Benjamin Moore) refreshes the legs.

BLUE & GREEN SCHEME

"If you mix a variety of small- and big-scale patterns while keeping within the same color palette, the look reads cohesive," Anne says. Here, a blue and green palette melds the three fabrics without overwhelming. ■





Get tips and tricks for making every room healthier from Robin's book, *Clean Design* (\$22.95; Greenleaf Book Group Press).

queen of clean

Eco-friendly lifestyle expert and designer Robin Wilson shares her tips for a bedroom that's cozy and stylish—and healthy.

BY NATALIE MCILWAIN

SIMPLIFY WINDOW TREATMENTS

Heavy draperies or curtains that are a hassle to clean are major dust collectors in the bedroom. Instead, try side panel curtains made of linen or cotton, or shutters, blinds, or pull-down shades made of natural materials. "Overall, the key is simplicity and ease of washing," Robin says.

SPLURGE ON BEDDING

"In bedrooms, it is more important than in any other room to use eco-friendly, allergy-friendly bedding and fabrics, even if it costs more," Robin says. Cotton is her top pick for comfort and durability. And wash regularly. Robin recommends washing

sheets, pillowcases, and blankets in water heated to at least 130°F on a weekly basis.

CORRAL THE CLUTTER

Knickknacks are dust magnets. Keep dresser tops and bedside tables clutter-free and easy to clean. Store belongings in covered boxes, bins, drawers, cabinets, or bookcases with doors. And don't forget the closets. "Clean closets twice a year by removing everything, cleaning thoroughly, mopping or steam cleaning the floor, and putting back only what you really need," Robin says. Keep clothing that is not worn frequently in zippered bags. ■

BETTER HOMES AND GARDENS | SEPTEMBER 2015 | BHG.COM 69

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COLOR

/ SEPTEMBER /



DYNAMIC

REMIXED



PHOTO: BLAINE MOATS; STYLING: JESSICA THOMAS; BUYING INFORMATION: BHG.COM/RESOURCES

BROOKE'S



“A little color goes a long way,” says Brooke Shields, pictured in her living room. She covered floral chintz chairs inherited from her mother in hot pink with white trim. For a calm, happy backdrop, she painted the entire first floor buttery yellow. “It’s supposed to be good for growing children’s minds,” says the mom of two girls: Rowan, 12, and Grier, 9.

NEW LOOK

The original supermodel, who also happens to be an actress, author, wife, and mother, Brooke Shields turns heads with the colorful, comfy family home she decorated 100 percent herself.

ome people count sheep to fall asleep. Brooke Shields decorates rooms in her head. “It’s completely relaxing,” she says. Brooke, who has been a spokesperson for La-Z-Boy for the past five years, calls interior design her secret passion, unearthing the perfect tag sale find her hidden talent. She credits her late mother for passing on the decorating gene, along with a warehouse of furniture.

With so many pieces at her fingertips, it should have been easy to decorate the classic Long Island cottage she and her husband bought two years ago, but it wasn’t. “My mother’s pieces had a pearls-and-twinset vibe,” Brooke says. “But I wanted white sofas and Lucite tables! I wanted

photographs on the walls! I wanted whitewashed floors!” Lying awake one night, she had an epiphany: “I sat bolt upright and decided I could use some of my mother’s pieces and still get the look. They just needed tweaks.”

For inspiration Brooke got out the “dream house” file she had been keeping for years. “Every single room I loved was neutral with pops of saturated color,” she says. Why not re-cover her mom’s cabbage rose chintz chairs in hot pink? Why not use her silver teapot lamp on the bedroom dresser? So she did, and those late-night schemes of a comfortable, colorful house where no room is off limits started coming to life.



HIGHER UP
An electrified lantern hangs from the pergola, giving the patio the feel of a room.



Brooke and her husband, Chris Henchy, fell hard for the classic proportions of the 1920s cottage, opposite. "I love it when we are all on the front porch and friends ride their bikes over with a bottle of wine," she says. When Brooke entertains on the patio, the menu invariably includes tomatoes and herbs she grows in the backyard, plus her specialty cocktail. "I make a super refreshing cucumber vodka with muddled lime and agave," she says.



WOW FACTOR

Every room needs a showstopper. A zinc-topped tree trunk qualifies.

Signature Style

Brooke Shields

You know her face. Now get to know what makes this designing woman tick.

I START MY DAY WITH "A huge mug of PG Tips tea and taking the dogs for a walk. We have a Portuguese water dog and a potcake I rescued in the Bahamas."

MY PERSONAL STYLE "Classic with a very occasional edge."

WORDS I LIVE BY "Honesty, empathy, gratitude, and humor."

WHAT I'M READING "The Forgiven by Lawrence Osborne is one of the most haunting books I've read in a long time. I've also got All the Light We Cannot See by Anthony Doerr going."

I'M A FAN OF "Getting around on a scooter. It's much more efficient."

FAVORITE WAY TO RELAX "I love doing jigsaw puzzles. The harder the better."

ALWAYS IN MY FRIDGE "Dark chocolate and Duvel beer."

MY DEEP DARK SECRET "I am a horrible driver."



CLEAR WINNER

A see-through coffee table lets a room breathe.

"I LOVE, LOVE, LOVE TAG AND ESTATE SALES, FLEA MARKETS, AUCTIONS. I CAN ENVISION THE TRANSFORMATION OF ANYTHING."

Brooke Shields



"I always like just a touch of Hollywood glamour," Brooke says. The vintage bar cart checks that box. The head shot over it is by Alex Prager, and the beach scene at the banquette, *opposite*, is by Pulitzer Prize winner Vincent Laforet. "I'm intrigued by photographs of all kinds," Brooke says.

**"I LOVE ROOMS FILLED WITH PIECES THAT TELL A STORY,
THAT HAVE A HISTORY, THAT HAVE BEEN WELL-LOVED."**

Brooke Shields



**WANT TO
SEE MORE?**

Tour Brooke's kitchen,
her home office, and
the hangout space she
recently made over
with La-Z-Boy furniture.
BHG.com/Brooke

WARDROBE: DEBORAH WATSON; HAIR: ANH COTRAN; MAKEUP: JULIE HARRIS; NAILS: MAISAKAMOTO

ON THE EDGE
Pom-pom trim (an easy DIY with iron-on seam tape) dresses up plain curtain panels.

READING ROOM
A La-Z-Boy chair in the corner gives Brooke a comfy spot to curl up.

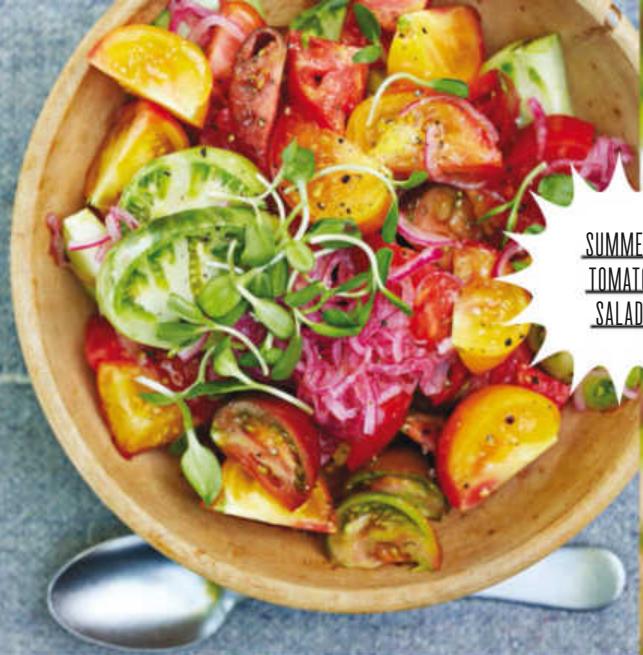
The bedroom is awash in watery blues. Brooke's love of boats and water drew her to the photo triptych over the bed. She shipped the Baroque resin mirror from a North Carolina thrift shop, and when it arrived, it was twice as big as she expected. "The seller only displayed half of it," she laughs. She painted it white and never looked back. ■

BY HALI RAMDENE | RECIPES SARA FORTE | PHOTOS CON POULOS
FOOD STYLING SIMON ANDREWS | PROP STYLING SARAH CAVE
PRODUCED BY NANCY WALL HOPKINS

MINTED
GRAPEFRUIT
PUNCH



TOASTIES WITH
EGG SALAD



SUMMER
TOMATO
SALAD

COOKING to CONNECT

It's an open invitation at Sara Forte's house. The Sprouted Kitchen blogger promises fun for family and friends—and always something seasonal.



WHAT SARA FORTE DOES WELL IS WHAT SHE CARES ABOUT MOST.

“Seasonal food inspires me, and I love to turn that food into something that nourishes people,” she says. Along with her husband, Hugh, Sara shares this philosophy through every thoughtful, produce-focused recipe and beautiful photograph that appears on her widely read blog, Sprouted Kitchen. She’s found a cookbook audience that is just as hungry for the food she creates. “It’s healthful, colorful food that tastes good,” Sara says. “I found a community of readers and friends who feel similarly.” For Sara, entertaining takes its cue from food. “Keeping food close to its natural state captures its freshness and flavor—people are attracted to that,” she says. “It makes bridging the gap between eating well and entertaining a breeze.”

Easy brunch, the Sprouted Kitchen way

SERVE FOOD MADE FOR MINGLING

A never-ending salad, a bowl of dressed tomatoes—anything that doesn’t need tending helps create a casual atmosphere.





FINISH WITH FRESH HERBS

Sara keeps parsley, mint, chives, and radish sprouts on hand to add a final hit of fresh flavor to a dish.

STREAMLINE YOUR SERVEWARE

Keep the decor minimal and let the food lead. When food is bright, colorful, and incredibly fresh, it's beautiful.

KEEP DRINKS SIMPLE

A big batch of one amazing cocktail and really, really good coffee are all you need to keep guests happy and relaxed.



Sara loves the comforting, nourishing experience of a wholesome meal that's contained and served in a single bowl—her latest book, *Bowl + Spoon*, celebrates it. In this bowl she gives savory quinoa the morning treatment with cinnamon-roasted butternut squash and a poached egg topper.

QUINOA &
BUTTERNUT
BOWL



WIN!
Enter our daily sweeps
on September 11 for
your chance to win a
set of six Heath Coupe
Bowls. Details
on page 155.
BHG.com/WinBowl



SARA'S BEST ENTERTAINING TRICK:

Do what you do well. Every dish, every forkful, and every sip will show it.



ROASTED
SALMON WITH
HERBS &
YOGURT

The salmon can be
roasted ahead and
served chilled or at
room temperature
with an herb-packed
yogurt topping.



LEMON LOAF
WITH BERRIES
& CREAM



A staple in the Forte household, this lemony quick bread is a just-sweet-enough finish to a lazy brunch or lunch. Its secret ingredient is a bit of ground oatmeal that adds a nutty flavor. Top with syrupy berries and a dollop of whipped cream to take it to dessert land. ■

 **BREW A PERFECT CUP**
A coffee primer you won't believe you ever lived without.
BHG.com/Coffee

“I cook to make connections with others through food. It's a reason to get together—**IT BRINGS ME CLOSER TO PEOPLE.**”



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The taste that brings you home.™

BY DIANA DICKINSON AND JAITHAN KOCHAR
PHOTOS BRYAN McCAY

Blue & White REMIX

From his new book, **MODERN MIX**: Eddie Ross, BHG's resident stylemaker, shows how classic blue-and-white china can star in two distinctly different yet equally stunning table settings.



MOODY + MODERN

Combining china patterns is easier than you think. Here, the blue-and-white botanical design plays nicely with the pink lusterware vine and berry motif. "Both patterns are vintage, but together they have a modern feel," Eddie says. The rich palette in the silk-and-linen tablecloth pulls together the plates, the smoky-gray and amethyst-hue goblets, and the cranberry red saltcellar. Gray napkins with playful two-tone fringe, a silver-plated pepper grinder, and monogrammed flatware complete the updated, trad-chic table.





MIX IT IN Any of these blue-and-white designs (or china already in your cupboard) would drop easily into this table setting, *right*. Dinner plates too pricey? Buy less expensive salad plates and pair them with everyday whites.



Find vintage transferware at flea markets or online, or start with new: Italian Blue, \$91 for four; spode.com



Hand-painting gives this plate a watercolor look. Brushstroke, \$46 each; oscardelarenta.com



Scenes of the English countryside grace ceramic stoneware. Delft Blue, \$52 each; juliska.com

Like the fun, style-savvy friend we all want, Eddie shares his passion for locating and restoring vintage finds, then using them to give your home a fabulous boost of color and personality. **Modern Mix: Curating Personal Style with Chic & Accessible Finds** (\$45; Gibbs Smith).



FLORAL + LUXE

Going for a bold table? Look to linens. A bright, lively patterned tablecloth instantly infuses new life into traditional transferware. Here, yellow and pink inspire the glassware and napkins. Gold-tone flatware and assorted saltcellars add glam, and bread plates with quirky 1950s Asian-style monograms add a little fun. ■



When he couldn't find quality light fixtures for the old homes he restored, Brian Faherty started making them—turning his need into a company that's bringing back iconic designs. Step inside the home of the Schoolhouse Electric founder to see what other flashes of inspiration drive him.

Old School

New ideas



BY JODY GARLOCK | PRODUCED BY DIANA DICKINSON | PHOTOS DAVID TSAY | STYLING JESSICA THOMAS

Brian and Jill Faherty's home is a mashup of midcentury modern—vintage pieces and reproductions—and a few quirky finds, such as the flashlights Brian hung as art. "Our house is somewhat of an incubator for our business," says Jill, *opposite*, with Brian and kids J.P., Audrey, and Greta. "We bring things home to see if they work in real life."



AN EYE FOR TUNES

A 1970s cabinet holds Brian's vintage turntable and receiver.



Seven-year-old Audrey, *above*, is the family fashionista, donning dresses (and fake pearls and heels) even outside or at one of J.P.'s ballgames. An island made from old beams, *right*, gives the kitchen character. "I wanted the house to have some soul—not be all new and shiny," Brian says.

B

rian and Jill Faherty don't mind bringing work home, and it's easy to see why. The brass pendants above the kitchen island, the buffalo plaid chairs in the living room, the classic classroom clock above the built-in desk—that's "work." The couple's 1955 Portland, Oregon, home is part showhouse and part photo studio for the iconic midcentury home accessories, furniture, and hardware from Schoolhouse Electric, the company Brian founded in 2003. But it's a family home first. "We don't live in a museum here," Brian says. "We're not tiptoeing around things." That means, catalog photo shoot or not, life with three kids and a dog doesn't skip a beat in the opened-up one-story. There's usually a kid or two sitting at the kitchen island for morning pancakes or someone roosting at the built-in desk in the family room. Twelve-year-old Greta, *below*, has a newfound appreciation for Brian's vinyl collection. The sound of Nat King Cole or Carole King—Greta's pick—is music to Jill's ears. "This house has changed the way we connect with each other," Jill says. "It has enabled us to spend a lot more time together."





CHAIR MAN

Brian has a thing for midcentury modern chairs, hence the 1950s Paul McCobb set and the art on the wall.

COOL CORDS
Twisted fabric cords add style to a light fixture.

HISTORY Brian uncovered the cast-iron molds used to make schoolhouse-style light shades in an abandoned New York warehouse.

HEADQUARTERS A 1910 four-story brick structure built by Pacific Steel and Hardware, above, now houses the Schoolhouse offices, design and photography studios, manufacturing space, a retail store, and a coffee shop.

BONUS TENANT Egg Press studios, makers of handcrafted letterpress greeting cards.

BEST SELLER The Ion Lamp—Inspired by the base design Thomas Edison used to test his lightbulb.

“Style isn’t about just buying things. It’s about **BLENDING THINGS** and feeling like there’s a sense of belonging.”

Brian Faherty

FAMILY CATCHALL

Nail-friendly barnwood in the built-in desk serves as a bulletin board.



TRY THIS
Black-painted sashes are like eyeliner for windows—emphasizing and framing the view.

The open layout's lounging and work areas keep the family together without being on top of each other. "The sectional in the living room gets used and abused the most," Jill says of the IKEA piece the couple made their own by swapping out basic legs for brass and walnut.

**BRIAN'S
FAVORITE**

"The Factory Light's simple shape makes it easy to use anywhere," he says.



"We use every square inch of this house," Brian says. That includes the backyard patio, where the hefty, set-in-concrete picnic table offers space for meals, crafts—even trumpet practice. In the master bedroom, the vintage dinette in the bumpout is a favorite homework spot for 13-year-old J.P. The master bath formula: pillow tiles for dimension, a "floating" vanity for openness, and bright yellow sconces for fun. Cubbies off the garage are a popular spot for sports gear and for Penny, a terrier mix. ■



New CUCUMBER RANCH

A FRESH TASTE so CRISP

you'll be surprised
it doesn't crunch



food

butter up

That's just one of the simple secrets to this utterly delicious bread pudding created by Irish chef, cookbook author, and PBS host Clodagh McKenna.

BY MAGGIE GLISAN | PHOTOS ANDY LYONS
FOOD STYLING GREG LUNA

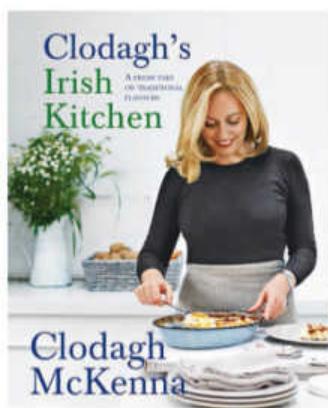
BREAD & BUTTER PUDDING
WITH SALTED CARAMEL
WHISKEY BUTTER SAUCE

Recipe on page 105

CALL IT HER MISSION: CLODAGH MCKENNA WANTS TO PUT IRISH FOOD BACK ON THE MAP.

Inspired by her travels and what she saw of local food movements in Europe and the United States, Clodagh became passionate about cooking in new ways with Ireland's bounty of wholesome seasonal foods. "In Ireland our sheep and cows graze on herby and floral pastures, creating beautiful butter, cheese, milk, and cream," she says. Her love for that lush Irish dairy led her to team up with Kerrygold as a recipe creator, just one of the hats this multitalented chef wears.

And it's butter that plays the starring role in her twist on bread pudding. Each slice of bread is generously slathered in grass-fed butter before hitting the baking dish and custard bath. "It's perfect for a cozy weeknight in with family, but elegant enough to elicit 'ohs' and 'aahs' as a dinner party finale," Clodagh says. We'll happily stick a pin in that delicious destination.



MORE FROM CLODAGH

Clodagh shares seasonal menus featuring fresh, local Irish produce at her two Dublin restaurants, is the star of the PBS TV series *Clodagh's Irish Food Trails*, and collaborates on projects with Kerrygold Irish butter and cheese. *Clodagh's Irish Kitchen* (\$29.95; Kyle Books) is the latest of her five cookbooks. clodaghmckenna.com



MAKE IT CHOCOLATE!

If dessert = chocolate, you need Clodagh's ultimate Chocolate Bread Pudding recipe. BHG.com/BreadPudding



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Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should be discussed with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

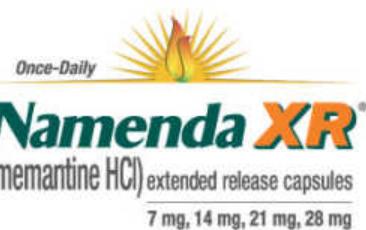
- Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

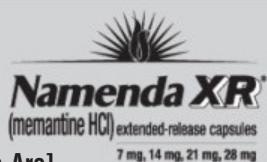
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.



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**Brief Summary
of Important
Risk Information**
**NAMENDA XR [Nuh-MEN-dah Eks-Are]
(memantine hydrochloride)
Extended-Release Capsules**



This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is NAMENDA XR?

NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should I discuss with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of your past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If you are taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for you.

- Use caution when taking Namenda XR with other medications. Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects in patients taking NAMENDA XR were headache, diarrhea and dizziness. This is not a complete list of side effects.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
- If you have forgotten to take NAMENDA XR for several days, do not take the next dose until you have talked to your healthcare professional.

What if I take more NAMENDA XR capsules than I should?

If you take too much NAMENDA XR, call your doctor or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What other information should I be aware of?

- The use of NAMENDA XR in children is not recommended.
- You should not breast-feed during treatment with NAMENDA XR.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

To learn more, go to www.NAMENDAXR.com or call 1 800-678-1605.

Please also see full Prescribing Information at www.namendaxr.com.

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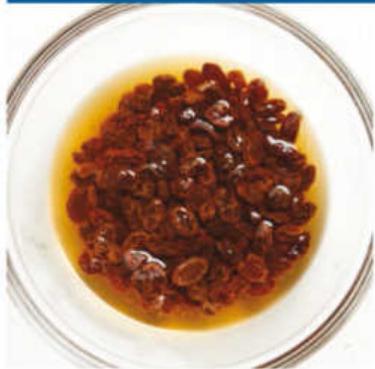
Based on PI NXR21971-BS-A-18122-0914

NXR23614 12/14

“The key is to use bread that is at least 24 hours old.

The drier the bread, the more rich custard it absorbs.”

Clodagh McKenna



SOAK THE RAISINS “Raisins get delightfully plump when soaked,” Clodagh says. “Irish whiskey gives them an extra kick and boosts the sweetness so they’re bursting with deliciousness.”



MAKE THE CUSTARD “The ingredients are simple, so look for the purest, high-quality butter and cream you can find. Freshly ground cinnamon and nutmeg would be all the better, too.”



SPREAD THE CREAMY BUTTER “I like to coat each crusted slice with a generous layer of Irish butter for added richness. It’s the secret to my take on bread pudding.”



POUR THE CUSTARD “Once you’ve poured the custard over, gently press the bread down so it’s completely covered in liquid. This will ensure the pudding doesn’t have a dry top.”



PREPARE A WATER BATH “Baking this way insulates the custard from direct heat, which can cause the eggs to cook too fast and separate. The steam also keeps the surface from drying out.”



MAKE THE SAUCE The sauce has a thin consistency and thickens just a bit as it simmers. “The sauce is addictive,” Clodagh says. “Pour any extra over ice cream to make an Irish sundae!”

Bread & Butter Pudding with Salted Caramel Whiskey Butter Sauce

HANDS-ON TIME 25 min.

TOTAL TIME 2 hr., 15 min.

Bread and Butter Pudding

$\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup Irish whiskey
5 eggs
2 cups whipping cream
1 cup sugar
1 tsp. vanilla
 $\frac{1}{2}$ tsp. ground cinnamon
 $\frac{1}{4}$ tsp. ground nutmeg
8 slices firm white bread (12 to 14 oz. total)
 $\frac{3}{4}$ cup unsalted butter, room temperature

Salted Caramel Whiskey Butter Sauce

$\frac{1}{4}$ cup unsalted butter, cubed
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ tsp. sea salt
1 $\frac{1}{4}$ cups whipping cream

1. In a medium bowl combine raisins and whiskey; let soak 1 hour. Butter a 2-qt. rectangular baking dish; set aside.

2. In a large bowl whisk together eggs, cream, sugar, vanilla, cinnamon, and nutmeg. Generously spread one side of each bread slice with butter; cut each in half diagonally. Arrange in bottom of prepared baking dish, overlapping slices. Drain raisins, reserving whiskey. Sprinkle raisins over bread, tucking some between slices. Pour custard over bread; cover. Soak in refrigerator 30 minutes.

3. Preheat oven to 375°F. Place uncovered baking dish in a large baking pan. Add enough hot water to come halfway up sides of dish. Bake 45 minutes or until pudding is set and top is golden (there will be a layer of melted butter over pudding). Carefully remove baking dish from water bath; cool slightly on a wire rack (the butter will soak back into the bread as it cools).

4. Meanwhile, for Salted Caramel Whiskey Butter Sauce, in a 2-qt. saucepan melt butter over medium heat. Whisk in sugar, salt, cream, and 3 Tbsp. of the reserved whiskey. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 15 minutes or until slightly thickened, stirring frequently. Serve pudding warm with the sauce spooned over top. Makes 12 servings.

EACH SERVING 585 cal, 42 g fat, 207 mg chol, 242 mg sodium, 43 g carb, 1 g fiber, 6 g pro. ■

WEEKNIGHT

delicious

Healthy, fast, and fresh solutions for dinner tonight.

WILD RICE & ROASTED CORN SALAD

This recipe is about multitasking. While the rice cooks, you grill the corn and slice the avocado. Once the rice is done, give it a quick toss and dinner is served.

Pin it! BHG.com/WildRice



GO GREEN

Build the salad over a bed of spinach or arugula to add extra veggie punch.

WHAT YOU NEED

- $\frac{1}{2}$ cup wild rice, rinsed and drained
- 4 medium ears corn, husks and silks removed
- 1 15-oz. can chickpeas (garbanzo beans), rinsed and drained
- $\frac{1}{2}$ cup chopped toasted walnuts
- $\frac{1}{3}$ cup chopped fresh basil
- 3 Tbsp. olive oil
- 1 large lime, juiced (3 Tbsp.)
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. black pepper
- 1 avocado, halved, seeded, peeled, and quartered

1. In a large saucepan bring $1\frac{1}{2}$ cups water to boiling; stir in rice. Reduce heat; simmer, covered, 40 minutes or until kernels open. Meanwhile, coat corn with *nonstick cooking spray*. Grill on rack of a grill 7 to 8 minutes or until charred, turning frequently. Remove from heat; let cool. Cut corn from cob.

2. Drain rice, if necessary; return to pan. Stir in corn, chickpeas, walnuts, basil, oil, lime juice, salt, and pepper. Stir to heat through. Remove from heat. Top with avocado. Makes 4 servings.

EACH SERVING 474 cal, 28 g fat, 430 mg sodium, 51 g carb, 10 g fiber, 13 g pro.

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HONEY-SRIRACHA GRILLED CHICKEN THIGHS



Yep! We're still loving sriracha, especially for its ability to boost flavor with only a few additions like honey, cilantro, and lime.

Pin it!
BHG.com/SpicyChicken



WHAT YOU NEED

- 6 Tbsp. sriracha sauce
- 2 Tbsp. honey
- 8 bone-in chicken thighs, skinned
- 2 Tbsp. fresh lime juice
- 2 Tbsp. chopped fresh cilantro

1. Whisk together 2 Tbsp. of the sriracha sauce and honey; set aside. Place chicken in a resealable plastic bag; add remaining sriracha sauce and lime juice. Seal; turn bag to coat chicken. Let stand 15 minutes.

2. Grill chicken on greased rack of a covered gas or charcoal grill directly over medium heat 30 to 35 minutes or until done (170°F), turning 3 or 4 times.

3. Transfer chicken to a platter; brush with sriracha-honey mixture. Cover; let stand 5 minutes. Top with cilantro. Makes 4 servings.

EACH SERVING 300 cal, 8 g fat, 191 mg chol, 426 mg sodium, 14 g carb, 40 g pro.



OVERGROWN GARDEN TURKEY MELT

This sandwich is all about the fresh veggies and herbs. Swap the turkey for ham, salami, or even grilled zucchini for a different take.

Pin it!
BHG.com/GardenMelt

WHAT YOU NEED

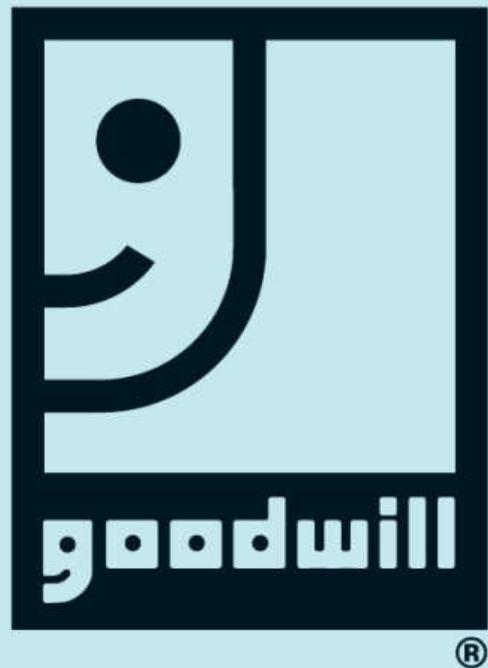
- 3 Tbsp. mayonnaise
- 2 tsp. chopped fresh rosemary
- 2 cloves garlic, minced
- 2 cups fresh spinach, chopped
- 1 14-oz. can artichoke hearts, drained, chopped, and dried
- 2 8-oz. rounds ciabatta loaves, halved crosswise
- 6 oz. sliced mozzarella cheese
- 1 medium tomato, thinly sliced
- 4 oz. sliced smoked turkey

1. Preheat oven to 400°F. In a medium bowl combine mayonnaise, rosemary, and garlic. Add spinach and artichokes; stir to combine. Set aside.

2. Remove bread from inside each half to create a 1-inch shell. Lay each bread half on a baking sheet. Line each with mozzarella. Spoon vegetable mixture onto each bottom bread shell. Top with tomato and turkey.

3. Bake 10 minutes or until toasted and heated through. Assemble sandwiches; cut each in half. Makes 4 servings.

EACH SERVING 495 cal, 19 g fat, 40 mg chol, 1,275 mg sodium, 55 g carb, 4 g fiber, 28 g pro.



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CHARRED SWEET PEPPER POTATO CHOWDER



Don't be shy about charring your peppers. For the best smoky flavor, wait until the skins are blistered and blackened before going to the next step.

Pin it!
BHG.com/PepperChowder



FOOD STYLING: JILL LUST

WHAT YOU NEED

- 1 lb. red sweet peppers, chopped (3 cups)
- 2 large yellow onions, chopped (2 cups)
- 1 large russet potato, peeled and chopped
- $\frac{1}{2}$ cup vegetable broth
- 2 cups milk
- $\frac{1}{8}$ tsp. cayenne pepper
- 1 Tbsp. butter
- $\frac{1}{4}$ cup chopped fresh parsley

1. Coat a 4-qt. Dutch oven with *nonstick cooking spray*; heat over medium-high heat. Add peppers; coat with cooking spray. Cook, uncovered, 15 minutes or until charred, stirring frequently.
2. Add onions; cook 5 to 6 minutes more or until soft and golden brown, stirring occasionally. Stir in potatoes and broth. Bring to boiling; reduce heat. Simmer, covered, 12 minutes or until potatoes are very tender.
3. Coarsely mash soup with a potato masher. Add milk and cayenne pepper. Heat through.
4. Remove from heat; stir in butter and parsley. Season to taste with *salt* and *pepper*. Top with *bacon* and *Greek yogurt*, if desired. Makes 4 servings.

EACH SERVING 255 cal, 11 g fat, 32 mg chol, 284 mg sodium, 30 g carb, 5 g fiber, 11 g pro. ■

BETTER HOMES AND GARDENS | SEPTEMBER 2015 | BHG.COM 113

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YOUR TONGUE
CRASHED INTO
A CHOCOLATY,
PEANUTY,
CARAMEL
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ICE CREAM SATISFACTION



CHICKEN MEATBALL SUBS WITH GRAPE RELISH

Line baking pan with foil. Coat with nonstick cooking spray. Stir together 1 lb. ground chicken, $\frac{1}{2}$ cup chopped seedless grapes, 4 sliced green onions, $\frac{1}{4}$ cup fine dry bread crumbs, 3 Tbsp. reduced-sodium soy sauce, and 1 tsp. cracked pepper. Shape into 12 meatballs. Place in pan. Bake 20 minutes. Stir together 1 cup chopped seedless grapes and 2 Tbsp. Asian sweet chili sauce. Stir together $\frac{1}{4}$ cup mayonnaise and 1 tsp. curry powder; spread over 4 split hoagie buns. Top with meatballs and grape relish. Makes 4 servings.



JUICY GRAPE PULLED PORK

Coat 3 lb. trimmed pork shoulder roast with 2 tsp. dried thyme, salt, and pepper. Place roast in a 4-qt. slow cooker. Add 1 cup red onion wedges, 3 cups red seedless grapes, $\frac{1}{3}$ cup balsamic vinegar, and 1 cup water. Cover; cook on low 10 hours or on high 5 hours. Transfer roast to a cutting board. Remove onions and grapes to a bowl. Skim fat from liquid; transfer to a saucepan. Whisk in $\frac{1}{4}$ cup tomato paste. Bring to boiling. Boil, uncovered, 15 minutes. Shred meat; add to bowl. Serve on split biscuits with lettuce, tomatoes, and sauce. Top with snipped herbs. Makes 4 servings.

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ROASTED GRAPE AND ARUGULA PIZZA

Brush olive oil over 2 large baking sheets; sprinkle with $\frac{1}{4}$ cup cornmeal; set aside. Divide 1 lb. pizza dough into 4 pieces. Shape into ovals; press pieces into cornmeal on baking sheets, turning to coat both sides. Top dough evenly with 6 oz. thinly sliced Brie, 2 oz. crumbled blue cheese, 3 cups whole seedless grapes, and 1 tsp. chopped fresh rosemary. Bake in a 450°F oven 12 to 15 minutes, rotating halfway through. Top hot pizzas with 2 cups arugula. Sprinkle with sea salt. Makes 4 servings.



FIRE AND ICE BEEF AND GRAPE CHILI

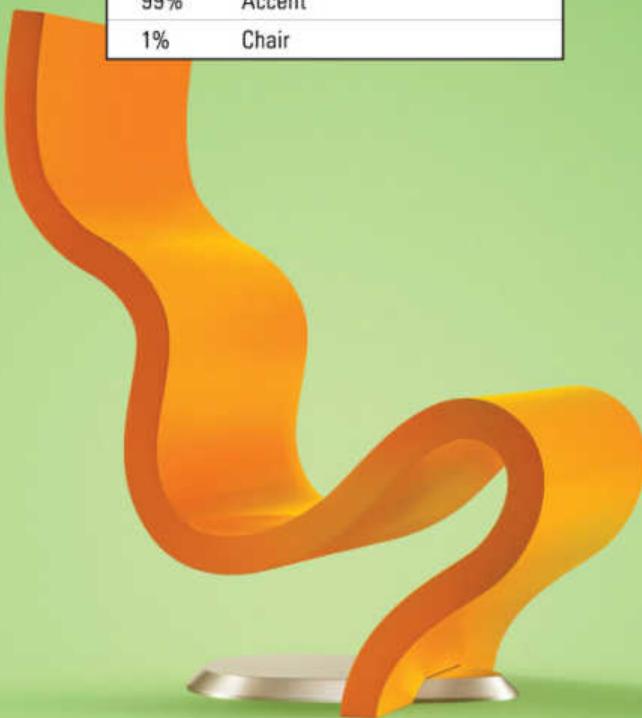
In a shallow bowl stir together $\frac{1}{2}$ cup dry red wine, 2 Tbsp. red wine vinegar, $\frac{1}{2}$ cup finely chopped red seedless grapes, and $\frac{1}{4}$ cup finely chopped red onion. Cover; freeze 2 hours. Meanwhile, coat 1 lb. boneless beef short rib pieces with 1 Tbsp. chili powder. In a Dutch oven heat 1 Tbsp. olive oil over medium heat. Add beef; cook until browned. Stir in one 15-oz. can pinto beans, one 12-oz. jar fire-roasted salsa, 1 cup red seedless grapes, and $\frac{1}{2}$ cup water. Bring to boiling; reduce heat. Simmer, covered, 30 minutes or until beef is tender. To serve, top with frozen grape mixture and parsley. Makes 4 servings. ■





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Warm Apple Compote

Ingredients

1 1/2 tbsp butter or margarine
1 1/2 cups coarsely chopped apples
1/2 tbsp lemon juice
1/8 tsp nutmeg
1/4 cup Domino® Pourable Light Brown Sugar

Instructions

In a skillet, melt butter over medium-low heat. Stir in apples, lemon juice and nutmeg. Cook, stirring occasionally, until apples soften, about 7 minutes. Reduce heat to low and stir in sugar. Cook, stirring gently, until mixture becomes syrupy, about 2 minutes. Serve warm as a topping for pancakes, waffles, ice cream or oatmeal.

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COOKING to CONNECT

Recipes from our feature story beginning on page 80

This menu can easily serve 10 to 12 when small plates are the order of the day. For dinner, it comfortably serves 6 to 8.

Toasties with Egg Salad

TOTAL TIME 30 min.

- 1 16-oz. loaf French or Italian bread, 4 inches wide, sliced $\frac{3}{4}$ inch thick
- 6 extra-large hard-cooked eggs, peeled and chopped
- $\frac{1}{4}$ cup chopped Italian parsley
- $\frac{1}{4}$ cup chopped chives
- 2 Tbsp. minced shallot
- 2 Tbsp. capers, drained and chopped
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. Dijon-style mustard

1. Preheat oven to 400°F. Brush one side of each bread slice with olive oil. Arrange on a large baking sheet. Bake 8 to 10 minutes or until toasted. (Or grill slices on rack of a covered grill directly over medium heat 1 to 2 minutes.)
2. Meanwhile, in a bowl stir together remaining ingredients. Season to taste with sea salt and fresh cracked black pepper. Serve on top of toasted bread. Top with minced shallot and parsley. Makes 10 to 12 servings.

EACH SERVING 233 cal, 11 g fat, 112 mg chol, 503 mg sodium, 11 g carb, 1 g fiber, 9 g pro.

Minted Grapefruit Punch

If you're using freshly squeezed grapefruit juice, prepare it ahead of time—it's the most time-consuming part of the recipe.

TOTAL TIME 20 min.

- $\frac{1}{2}$ cup loosely packed mint leaves
- 2 Tbsp. organic cane sugar
- 6 cups freshly squeezed or refrigerated grapefruit juice
- 3 cups vodka
- Club soda, chilled

In the bottom of a large pitcher, muddle mint leaves and cane sugar. Stir in grapefruit juice and vodka. Cover; chill until serving. Serve punch over crushed ice with a splash of club soda and grapefruit slices. Makes 9 cups.

EACH 6-OZ. SERVING 195 cal, 0 g fat, 0 mg chol, 7 mg sodium, 16 g carb, 0 g fiber, 0 g pro.

Summer Tomato Salad

HANDS-ON TIME 20 min.

TOTAL TIME 50 min.

- 1 medium red onion, very thinly sliced (1 cup)
- $\frac{1}{3}$ cup white wine vinegar
- 1 Tbsp. organic cane sugar
- 2 tsp. Dijon-style mustard
- 2 Tbsp. white balsamic vinegar
- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 1/2 lb. ripe red, yellow, green, and/or orange tomatoes, cut into wedges

1. Place onion slices in a medium heatproof bowl; set aside. In a small saucepan warm white wine vinegar, sugar, and $\frac{1}{2}$ tsp. salt over medium heat, stirring to dissolve sugar. Pour over onions; toss to coat. Cover; chill at least 30 minutes or up to 24 hours, stirring occasionally.
2. For dressing, in a small bowl whisk together mustard, white balsamic vinegar, $\frac{1}{2}$ tsp. *freshly ground black pepper*, and $\frac{1}{4}$ tsp. salt. Gradually whisk in olive oil.
3. Place tomatoes in a large serving bowl. Add dressing; toss to coat. Top with drained pickled onions and *radish sprouts*. Makes 10 to 12 servings.

EACH SERVING 83 cal, 6 g fat, 0 mg chol, 117 mg sodium, 8 g carb, 2 g fiber, 1 g pro.



MORE FROM SARA

Sara Forte shares her passion for seasonal food on her blog, Sprouted Kitchen. The newer of her two cookbooks, *The Sprouted Kitchen Bowl + Spoon* (Ten Speed Press, \$25), is an ode to bowl food—a combination of grains, vegetables, and lean protein in one nutritious meal.

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Pina Colada Ribeye
Bone-in Pork Chops

Bacon BBQ
New York Pork Chops

Basil-Garlic
Porterhouse Pork Chops

Quinoa & Butternut Bowl

HANDS-ON TIME 15 min.
TOTAL TIME 1 hr., 20 min.

Herb Oil

$\frac{1}{4}$ cup chopped fresh parsley
 $\frac{1}{4}$ cup chopped fresh chives
 $\frac{2}{3}$ cup extra-virgin olive oil
2 lemons, zested (about 4 tsp.)

Quinoa Bowl

1 large butternut squash (2½ lb.), peeled, seeded, and cut into $\frac{3}{4}$ -inch cubes (about 7 cups)
 $\frac{1}{4}$ cup extra-virgin olive oil or coconut oil
 $\frac{1}{2}$ tsp. ground cinnamon
 $\frac{1}{2}$ tsp. freshly grated nutmeg
4 cloves garlic, minced
 $\frac{1}{2}$ yellow onion, finely chopped ($\frac{1}{2}$ cup)
4 cups cooked quinoa*
2 Tbsp. maple syrup
Pinch cayenne pepper
4 cups baby kale, coarsely chopped
2 Tbsp. lemon juice
3 oz. Manchego cheese, shaved
Radish sprouts (optional)

1. Preheat oven to 425°F. For Herb Oil, in blender combine parsley, chives, the $\frac{2}{3}$ cup olive oil, lemon zest, and a few pinches of *sea salt*. Process or blend until nearly smooth; set aside.
2. For Quinoa Bowl, spread squash cubes in a shallow baking pan. Drizzle with 2 Tbsp. of the oil. Sprinkle with cinnamon, nutmeg, and a few pinches of *salt* and *pepper*. Toss to coat; spread in a single layer. Bake 25 minutes or until fork tender and lightly browned, turning once. Let cool.
3. In a very large skillet heat remaining 2 Tbsp. oil over medium heat. Add garlic, onion, and a pinch of *salt*; cook and stir 1 minute. Stir in quinoa, syrup, and cayenne; cook 6 to 8 minutes or until quinoa is crispy, stirring occasionally. Transfer to a large bowl. Stir in kale until wilted. Stir in squash, lemon juice, and 2 Tbsp. of the Herb Oil. To serve, top with additional Herb Oil and Manchego cheese. Garnish with radish sprouts, if desired. Makes 10 to 12 servings.

* For cooked quinoa, start with 2 cups uncooked quinoa, rinsed and

drained. Add 4 cups water. Bring to boiling; reduce heat. Cover. Simmer 15 to 20 minutes or until tender. Drain off any excess liquid.

Tip Top each serving with a poached egg. To make eggs ahead, poach and then transfer to a plate or storage container. Cover; chill up to 24 hours. To reheat, bring water to simmering in a skillet. Remove from heat; add eggs. Cover; let stand until warmed through.

EACH SERVING 378 cal, 25 g fat, 8 mg chol, 327 mg sodium, 34 g carb, 5 g fiber, 8 g pro.

Roasted Salmon with Herbs & Yogurt

When she wants more of a sauce than a topping, Sara stirs together the lemon zest, yogurt, cucumbers, shallots, and herbs and serves it as a side to the roasted salmon.

HANDS-ON TIME 20 min.

TOTAL TIME 45 min.

2½ lb. wild salmon fillet
1 Tbsp. extra-virgin olive oil
2 tsp. dried oregano, crushed
1 lemon
1 cup plain Greek yogurt
½ English cucumber, finely chopped
3 Tbsp. minced shallots
2 Tbsp. chopped Italian parsley
2 Tbsp. chopped mint leaves
2 Tbsp. chopped fresh dill weed
2 Tbsp. chopped fresh basil
Pinch crushed red pepper

1. Preheat oven to 325°F. Line a shallow baking pan with parchment. Place salmon in prepared pan. Sprinkle with *salt* and *pepper*. Drizzle with olive oil; rub into salmon. Sprinkle with oregano. Roast 25 to 30 minutes or until fish flakes easily when tested with a fork in the center.

2. Zest lemon; set aside. Halve lemon; squeeze over salmon. Top salmon with yogurt, zest, cucumber, shallots, parsley, mint, dill, and basil. Sprinkle with $\frac{1}{2}$ tsp. *sea salt*, $\frac{1}{4}$ tsp. *fresh cracked black pepper*, and crushed red pepper. Drizzle with olive oil before serving.

Make ahead After roasting salmon, cover and chill up to 24 hours. Serve chilled or at room temperature.

EACH SERVING 201 cal, 10 g fat, 65 mg chol, 293 mg sodium, 3 g carb, 0 g fiber, 25 g pro.

It's time
to get crashing

FLAVOR IT

Try different rubs, glazes
and marinades

GRILL IT

Grill to an internal temperature
between 145°F (medium rare) and
160°F (medium), with a 3-minute rest

ENJOY IT

A grill out is even better with
friends – so invite the crew



Find the recipe collection at
PorkBeInspired.com/GrillCrashers

pork
Be inspired



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New!

BONUS
RECIPE

Green Salad with Grapefruit & Avocado

TOTAL TIME 30 min.

- 1 very large ruby red grapefruit, peeled, seeded
- 2 5-oz. packages mixed baby lettuce (about 10 cups)
- 2 avocados, halved, seeded, peeled, and sliced
- 2 green onions, thinly sliced
- $\frac{1}{4}$ cup fresh lemon juice
- 1 Tbsp. Dijon-style mustard
- $\frac{2}{3}$ cup extra-virgin olive oil
- $\frac{1}{2}$ cup roasted, salted pistachios, coarsely chopped

1. Segment grapefruit over a small bowl. Reserve 2 Tbsp. juice for dressing.
2. In a large bowl toss together lettuce, avocados, grapefruit, and green onions.
3. For dressing, in a small bowl whisk together lemon juice, reserved grapefruit juice, mustard, $\frac{1}{2}$ tsp. *sea salt* and $\frac{1}{4}$ tsp. *pepper*. Drizzle oil in a thin steady stream, whisking constantly.
4. Lightly dress salad. Pass remaining dressing. Top with pistachios just before serving. Makes 6 servings.

Make ahead Segment grapefruit and prepare dressing up to a day ahead. Chill until serving.

EACH SERVING 374 cal, 36 g fat, 0 mg chol, 311 mg sodium, 13 g carb, 6 g fiber, 4 g pro.

Lemon Loaf with Berries & Cream

Organic cane and turbinado sugar are unbleached and minimally refined sugars that retain some of the trace minerals usually lost during processing. With a larger grain and more complex flavors, they add texture and rich flavor to baked goods. Turbinado sugar's flavor is similar to brown sugar; it is often sold as raw sugar.

HANDS-ON TIME 30 min.

TOTAL TIME 3 hr., 30 min. (includes cooling)

- 3 lemons
- 2 eggs
- $\frac{2}{3}$ cup buttermilk
- $\frac{2}{3}$ cup extra-virgin olive oil
- $\frac{1}{2}$ tsp. lemon extract
- 1 cup regular rolled oats, coarsely ground*

- 1 cup all-purpose flour
- $\frac{1}{2}$ cup organic cane sugar
- $\frac{1}{3}$ cup turbinado sugar
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{4}$ tsp. sea salt
- $\frac{1}{4}$ cup organic cane sugar
- 5 cups fresh mixed berries
- Whipped cream

1. Preheat oven to 350°F. Grease an 8-inch loaf pan. Line pan with parchment; set aside. Finely zest 1 lemon. Remove peel from 1 of the remaining lemons; cut into thin strips. Set aside. Juice lemons (about 9 Tbsp.). In a large bowl whisk together eggs, buttermilk, oil, extract, zest, and 2 Tbsp. of the lemon juice. Add oats, flour, the $\frac{1}{2}$ cup organic cane sugar, turbinado sugar, baking powder, baking soda, and sea salt. Stir gently to combine. Pour batter into prepared pan; sprinkle with *turbinado sugar*. Bake 45 to 50 minutes or until a toothpick inserted near center comes out clean. Cool in pan on a wire rack 10 minutes.
2. Meanwhile, in a small saucepan combine remaining lemon juice and the $\frac{1}{2}$ cup organic cane sugar. Bring to boiling over medium heat. Boil, gently stirring to dissolve sugar. Remove from heat. Pour half the syrup into a 2-cup measure; stir in lemon peel. Remove loaf from pan. Place on a wire rack set over a shallow baking pan. Gently poke top of loaf all over with a fork. Pour syrup and peel mixture over loaf. Let cool completely.
3. Return remaining syrup to heat; bring just to boiling. Stir in berries to coat. Simmer 1 to 2 minutes until berries just start to soften. Slice loaf with a serrated knife. Serve with berries and whipped cream. Makes 10 servings.

* Place oats in a blender or food processor; pulse until coarsely ground.

Tip For the cake you can substitute $\frac{3}{4}$ cup granulated sugar for the $\frac{1}{2}$ cup organic cane sugar and the $\frac{1}{3}$ cup turbinado sugar. For the syrup, substitute $\frac{1}{4}$ cup granulated sugar for the $\frac{1}{4}$ cup organic cane sugar.

EACH SERVING 369 cal, 19 g fat, 48 mg chol, 171 mg sodium, 46 g carb, 4 g fiber, 5 g pro. ■

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is "lame," yet your teen will take

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The New Walking Taco from Lunchables Uploaded.
An afternoon snack you Mix, Heat and Eat.



better

LOVE YOUR EVERYDAY LIFE



BACK-TO-SCHOOL
SPECIAL SECTION **p. 128**

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Tips to train for a 5K, must-have moisturizers, first aid checklist for pets, and more.

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media matters

A guide to help families navigate screen life.

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How harmful are those bad habits, really? Experts weigh in.

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Wake up to one of our deliciously healthy breakfast sandwiches.

live well

Smart strategies for a happy, healthy life

pretty healthy

Upper hand

These moisturizers protect skin and leave it soft.

1. Skinfix Hand Repair Cream

Sweet almond oil butter and colloidal oatmeal relieve dry, eczema-prone skin on contact.

\$15.99; skinfixinc.com

2. Hand MD Restorative Duo

SPF 30 protects, and B vitamins smooth lines and fight age spots.

\$30; hand-md.com

3. Dead Sea Essentials Calming

Lavender Hand Cream Get a little aromatherapy as you soothe skin and stress.

\$9.99; target.com



health showdown

If you have to finish a project, is it better to stay up late or wake up early? There's no difference—

work when you're most effective. Whichever you do, keep in mind that getting less than your usual amount of sleep can zap your brainpower, says David M. Rapoport, M.D., professor of medicine and director, Sleep Medicine Program, NYU Medical Center. And think twice before pulling an all-nighter: You form memories and process information during slumber, so working all night comes at a double price.

family time

Packs with purpose

A closet clean-out at the Langford house uncovered not one or two but 10 barely used backpacks. "I thought we'd just donate them with used clothing,"

says Marisa, who lives in Tampa with her husband and kids:

Jake, 10, Mia, 9, Shelby Grace, 6, and Abby Gene, 3. But then it dawned on Marisa: Why not make sure these got right into the hands of kids who don't have backpacks or the supplies they need for school? The Langfords spent the summer holding yard sales and running lemonade stands to raise money for pencils, folders, and paper. Jake ran the balance sheet, and Shelby packed the bags, complete with Mia's message: "I hope this brightens your day. Look inside and you will find out why. Have a great school year!" Delivering the bags to kids in the community helped this busy family to feel a true sense of accomplishment. Says Marisa: "My kids put their hearts into this project. They could only imagine how bad it would feel not being prepared on the first day of school."



—Lambeth Hochwald



pet project

First aid checklist

What, you don't think pets can have emergencies? Step 1: Map out a plan ahead of time, says Liz Rozanski, D.V.M., an emergency and critical care veterinarian at Tufts University near Boston. Think about whom to call, how you'll transport your pet, and what tools you need on hand. Stock these items in a first aid kit for your dog or cat:

EMERGENCY CONTACTS Include numbers for your vet and the local emergency animal hospital (search the directory on veccs.org).

CLEAN TOWELS They'll help a cut or wound stop bleeding. Look for hand or bath towels that are thin and not too fluffy; you don't want fabric getting into the cut.

GAUZE Use to wrap or cover a wound.

HYDROGEN PEROXIDE This can help induce vomiting in dogs if they've eaten something poisonous. (It doesn't work for cats.) Check with your vet about specific amounts and whether it's indicated before you administer.

RECTAL THERMOMETER Your vet might ask you to take your pet's temperature to get a better handle on the situation.

SALINE SOLUTION Keep a bottle or individual packs on hand to flush out eyes.

MUZZLE Even gentle pups might bite when they're scared or in pain.

—Sharon Liao



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*fit tools***Tone at home**

No gym? No problem. Increase the impact of your home workout with one of these tools.

**Deluxe Vinyl Dumbbells**

Add weights to squats and lunges for more challenge; simple bicep curls tone arms fast. Start with a 5-pound pair. \$18.98; spri.com



Pro Ball Exercising on the ball builds your core (hello, flat abs) and improves balance. Comes with a DVD, exercise guide, and pump. \$29.99; gofit.net

**Stackable Resistance Band Set**

Five bands give varying resistance, and a door attachment and ankle strap make for a wider variety of exercises. An exercise guide gets you started. \$32.99; blackmountainproducts.com

— Karen Asp

**20-MINUTE RUN/WALK INTERVAL PLAN**

WEEKS 1 & 2
Walk 2 minutes, run 30 seconds

WEEK 3
Walk 2 minutes, run 90 seconds

WEEK 4
Walk 2 minutes, Run 2 minutes

WEEK 5
Walk 2 minutes, Run 3 minutes

WEEK 6
Walk 2 minutes, Run 4 minutes

WEEK 7
Walk 1 minute, Run 4 minutes

WEEK 8
Race week!
Walk 1 minute, run 4 minutes on two training days and during the 5K

*a healthier way to...***Train for a 5K**

Signing up for a race is the perfect way to kick-start a running/walking regimen. But training right is key to preventing injury. "Your best approach is to gradually increase your distance and intensity," says running expert Jenny Hadfield, founder of coachjenny.com. Cross the finish line strong with her tips and eight-week training plan.

GET THE GEAR It's pretty basic: All you need is a supportive sports bra and sneakers. The right pair depends on your gait; it's worth going to your local running store for a consultation.

GIVE YOURSELF EIGHT WEEKS TO TRAIN Alternate running and walking. A workout plan that incorporates the two builds endurance and is easier on the body.

GET STARTED Hadfield's plan is simple: Each week, do a 30-minute workout: Start each session with a 5-minute brisk walk, do 20 minutes of run/walk intervals, then cool down with a 5-minute walk.

LISTEN TO YOUR BODY You need time to recover between training sessions. Keep track of your workouts on a calendar, and highlight your runs/walks according to how you feel: yellow for strong, orange for fine, and red for rough. If your plan is mostly orange and red, you're probably pushing yourself too hard.

— Sharon Liao ■



Find a race near you:
active.com/running



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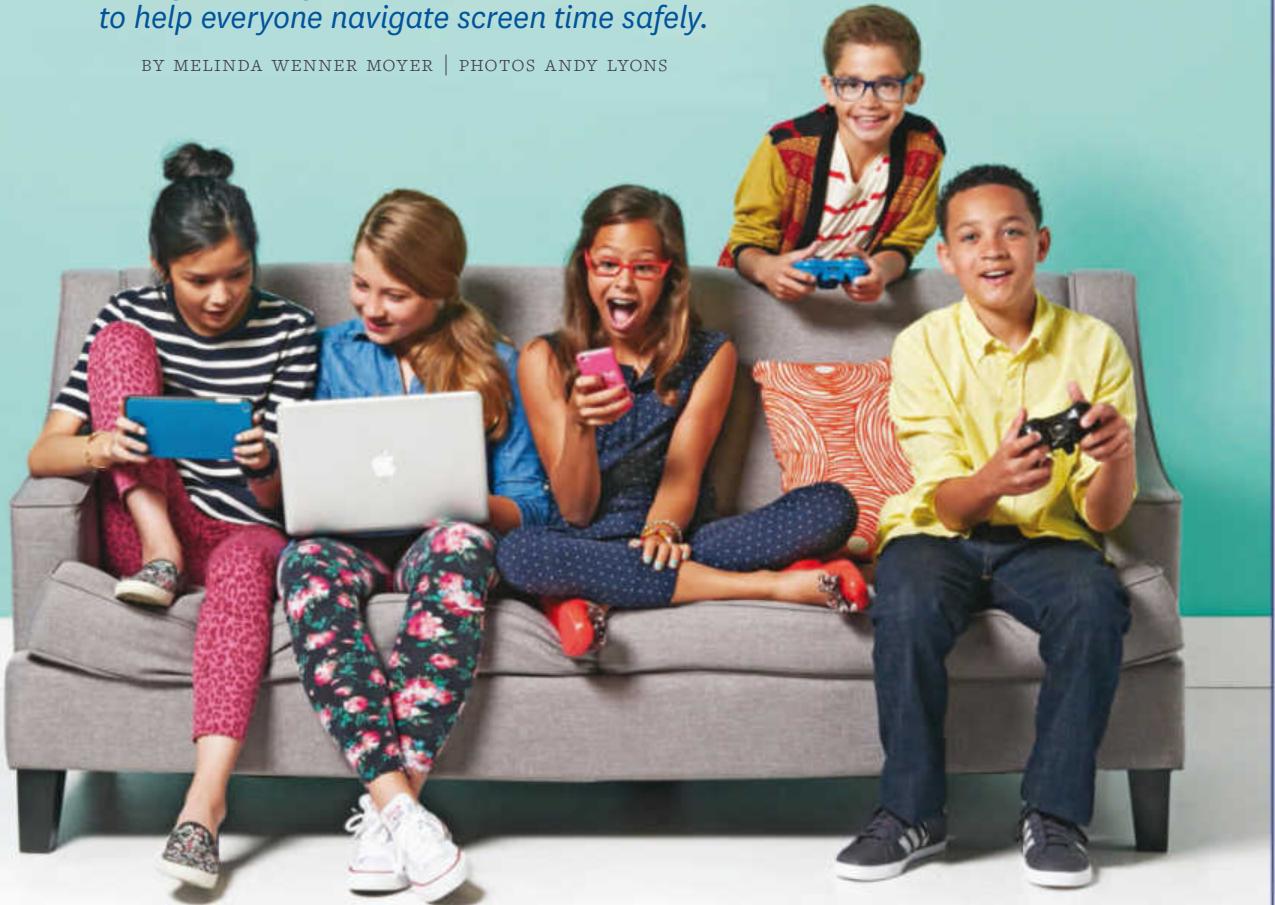
back to school

MEDIA MATTERS

Kids are more plugged in than ever, and that can be a good thing. Follow our expert-led road map to help everyone navigate screen time safely.

BY MELINDA WENNER MOYER | PHOTOS ANDY LYONS

WARDROBE: JEN McDONALD; HAIR AND MAKEUP: JILL WITTE; PILLOW: BETTER HOMES AND GARDENS® TANGERINE CHENILLE SWIRLS 18" DECORATIVE PILLOW, WALMART STORES AND WALMART.COM



The brave new digital world is here to stay, and kids are integral players.

According to a 2014 report from the Family Online Safety Institute, more than half of all U.S. children between the ages of 6 and 17 have access to at least three media devices at home, and they use them constantly: The average 8- to 10-year-old spends nearly five hours a day using digital media.

For parents, reports about this new reality can be alarming: "Too much TV makes kids overweight and

hinders school performance!" "The Internet and social media are a world of dangers!"

But many of these claims don't stand up to scrutiny; correlation doesn't mean causality. Yes, some studies have linked video games to aggressive behavior, but others have found that playing video games can teach problem solving and improve hand-eye coordination. And while excessive TV-watchers might have behavioral problems, being glued to the tube might be the symptom of a different problem.

The fact is, completely shielding your children from digital media isn't just impossible—it's a bad idea. Experts say that parents should let their kids explore various platforms and engage with them about what they're doing. "Rather than stressing over and severely restricting media time, I advise parents to participate and create a dialogue," says Pamela Rutledge, Ph.D., director of the nonprofit Media Psychology Research Center. "The way you control your children's safety is by educating them." A good first step: this guide.

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video games

WHAT YOU'VE HEARD Playing video games makes kids antisocial and aggressive.

THE REALITY Video games aren't categorically bad. They can take time away from physical activity and other important "real life" activities, but the main concern centers around those that display and reward gratuitous physical aggression, especially if fighting, guns, and shooting are involved. Research shows that kids who play violent video games are more likely to display antisocial behavior, but "we don't know that the video games are the direct cause, in part because kids who are prone to violence might also be likely to play violent games," Rutledge says. Experts urge parents to follow ratings advisories, restricting kids under 17 from playing games with an "M" rating.

MAKE THE MOST OF IT Studies show that well-designed, nonviolent, age-appropriate video games can help improve abstract reasoning, problem solving, math skills, and hand-eye coordination. Sports, dance, or fitness-theme video games that use dance pads or sports equipment can help kids become more physically active. Be an engaged participant in your kids' selections, and teach critical thinking about the games so they can make good decisions when you're not around. When it comes to self-contained systems like Xbox and Wii, you can do the choosing and get to know the games. "Ask, 'What are you playing, and why do you like it?'" says Debra Lieberman, Ph.D., director of the Center for Digital Games Research at the University of California, Santa Barbara. "It's powerful for the parent to show an interest. You're meeting the child where she lives, and validating her opinion, so when you talk about what you like and don't like, the discussion is a two-way street and your viewpoint will have an impact." If certain aspects of the game bother you—say a player is rewarded for something unfair—use that as a springboard for a discussion about how to behave in real life.

Can't tell if the game your child likes is on target? Check its rating from the Entertainment Software Rating Board (esrb.org) or Common Sense Media (commonsensemedia.org). Says Caroline Knorr of Common Sense Media: "The games we really love allow kids to express themselves, explore different worlds, and expand their intellectual skills."



Find age- and content-appropriate games and websites: cyberwise.org, ikeepsafe.org



the internet

WHAT YOU'VE HEARD The dot-com world is like the Wild West—young kids can unwittingly be exposed to inappropriate content, so don't let them surf the Web unsupervised.

THE REALITY Children can certainly get into trouble on the Internet, but there are many ways to limit their access to questionable websites and content when you can't supervise closely. And be sure to keep an open dialogue with kids about what they're doing online and how to stay safe.

MAKE THE MOST OF IT Younger kids can surf the Web in a safer way by using kid-friendly browsers, sometimes called "walled gardens," such as KidZui, Zoodles, and My Kids Browser. You can also control what programs your child uses by changing settings on the computer. On a Mac, go to "Parental Controls" in System Preferences; in Windows, go to "Settings" and then "Family Safety." Downloadable software suites such as Net Nanny or Safe Eyes let you block websites and monitor sites your child visits. Computers should stay in common areas of the house so you can monitor what kids are viewing. Also avoid Internet use within an hour of bedtime. "Screens that emit blue light can decrease the production of melatonin, the hormone that regulates the sleep-wake cycle," says Diana Graber, founder of Cyber Civics and co-founder of CyberWise, an organization dedicated to helping kids be safe and productive online.

And keep in mind that there are many valuable online experiences for kids. "Sometimes they're looking up information or engaging in educational games; other times they're creating new content," Lieberman says. Indeed, media exposure can be empowering, says Michelle Ciulla Lipkin, executive director of the National Association for Media Literacy Education. "How great is it that students are able to interact with the world in a way that no generation before could?"





Back to School



School is in session!
Janessa Solem of
The Thrifty Nifty Mommy
 blog shares her go-to
 tips and products to
 help tackle the busy
 back-to-school season.

Janessa's Back-to-School Tips:

1. Reduce midweek stress by **taking time on the weekends to plan out meals** and go grocery shopping for the week ahead.
2. Purchase **your child's favorite comfort foods** for lunch/dinner for that first week back to school, when their nerves might get the best of their appetite.
3. **Establish a homework routine** from the beginning by designating a daily time and place for your child to complete their work.
4. **Send in a care package for the classroom** to establish a good relationship with your child's teacher. Include classroom essentials like antibacterial hand sanitizer, tissues, dry erase markers, and a few goodies for the teacher, like chocolate, coffee, and a new mug.



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motts.com



social media

WHAT YOU'VE HEARD Tweens and teens who are active on social media are more likely to be cyberbullied and are careless about protecting their privacy.

THE REALITY Real-world bullies might be more of an issue than cyberbullies. Although a recent survey from the Cyberbullying Research Center found that 26 percent of middle and high school students say they were bullied online, a 2012 study, which included a large sample of American kids in grades 3 through 12, found that 18 percent had been bullied in real life, while only 5 percent had been bullied online. On the upside, the Pew Internet and American Life Project reported that kids have more positive than negative experiences on social media. Even The American Academy of Pediatrics concludes that social media use "has shown to benefit children and adolescents by enhancing communication, social connection, and technical skills."

MAKE THE MOST OF IT Most social media sites require users to be at least 13 years old due to the Children's Online Privacy Protection Act, and younger kids aren't generally ready for social media anyway. "They can't always think through the consequences of their actions, and the problem with social media is that your mistakes last forever," Gruber says.

Parents can help younger kids develop social media skills. You can sign them up for kid-friendly networks such as Yoursphere, which rewards kids for interacting positively with others, and Kuddle, a photo-sharing site that allows kids to add captions to photos, but not tag friends or comment. "My kids played Club Penguin," Gruber says. "It was such a safe, easy on-ramp to online life."

When your kids are ready, join them online. "Believe it or not, young teens are generally excited for their parents to participate with them," Gruber says. Check out the parent privacy-setting guides on Instagram and Snapchat through ConnectSafely.org, a nonprofit organization. You can keep an eye on your kids' activity and stay up on the latest social media happenings.

television

WHAT YOU'VE HEARD Kids who watch a lot of TV are at risk for weight and sleep problems, and poor academic performance.

THE REALITY TV is on the front lines of the kids and media issue. While studies have found associations between watching TV and various issues, that doesn't mean TV is the direct cause. "In some cases, excessive television watching may be an indication of other problems at home," says Tracie Afifi, a community health scientist at the University of Manitoba in Canada. Research suggests that high-quality TV shows, viewed in moderation, can be educational.

MAKE THE MOST OF IT It's a matter of balance: You don't want TV to eat into time kids would otherwise spend running around outside or finishing homework. So limit viewing time and be selective. In a nutshell, "Quality and age-appropriate content matters," Knorr says. And use the parental controls. Most TVs contain a V-chip you can access via the remote through the main or set-up menu to block specific shows or to prevent kids from seeing content that has a particular rating or airs after a certain time. Netflix also has parental controls that can be found and set in the "Manage Profiles" section of "Your Account."

Whenever possible, watch TV with your kids, and use the content to start a conversation. "Talk about portrayals of girls and women, or nonwhite characters, for example," Lieberman says. "Is there bias in the way people are portrayed? Parents can do a lot to help their children interpret, understand, and critique media." ■



Find more strategies to keep kids safe online:
connectsafely.com, stopbullying.gov

Find guidance on TV and movie content:
fosi.org, commonsensemedia.org,
kids-in-mind.com

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AND helps clean
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back to school

SMART STUFF

These new school supplies and gear are crazy useful and super cute.

BY AYN-MONIQUE KLAHRE | PHOTOS MARTY BALDWIN

SAFE & SOUND

The volume on these kid-specific Puro headphones caps at 85 decibels, a level deemed safe for kiddos.

EDITORS' CHOICE



IN SYNC

The Logitech keyboard can be paired with up to three devices at once.



TECH SUPPORT

1. HEAR, HEAR! The Puro Kids Bluetooth headphones pair to any smartphone or tablet, so say good-bye to tangled cords. \$79.99; purosound.com

2. JUICE TIME The slim and trim Poki battery pack fits in pockets, backpacks, you name it. \$25-\$35 each; amazon.com/lepow

3. INSTA-DESKTOP Turn an old monitor or TV with an HDMI port into a computer by adding the HP Stream Mini Desktop. \$179.99; hp.com

4. STAND & DELIVER The Gooseneck Tablet Holder clamps securely to a desk or nightstand. Side note, parents: also great for cooking. \$20; kikkerland.com

5. THAT'S A WRAP Cords and chargers stay tidy with the CableKeep. \$12.99 each; containerstore.com

6. MOUSING AROUND The Play wireless mouse goes 18 months on a single battery. \$29.99 (with battery); logitech.com

7. KEY ITEM Pair the Logitech Bluetooth Multi-Device Keyboard K480 with a smartphone or tablet to turn it into a mini computer. \$49.99; logitech.com



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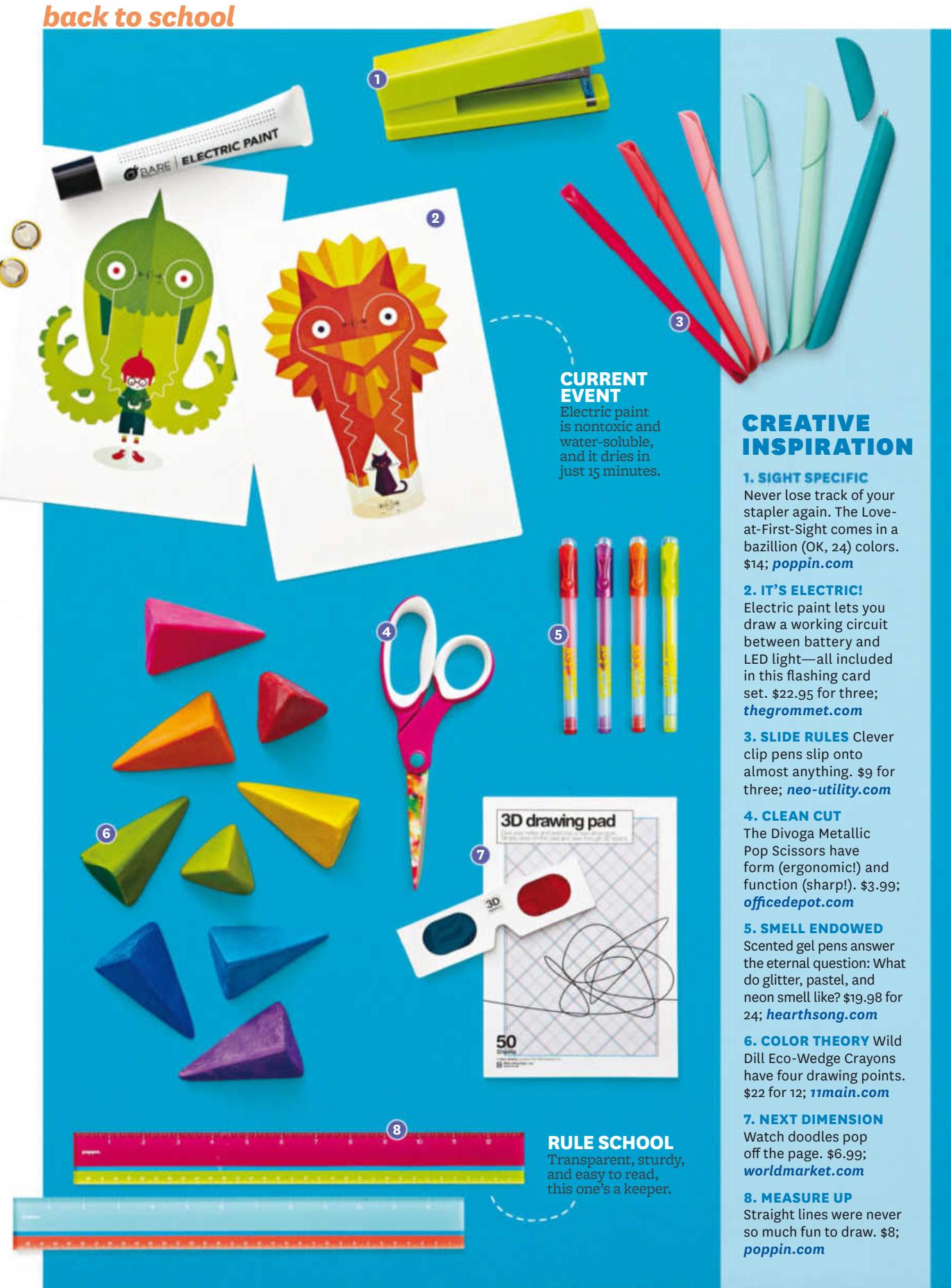
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CURRENT EVENT

Electric paint is nontoxic and water-soluble, and it dries in just 15 minutes.

CREATIVE INSPIRATION

1. SIGHT SPECIFIC

Never lose track of your stapler again. The Love-at-First-Sight comes in a bazillion (OK, 24) colors. \$14; poppin.com

2. IT'S ELECTRIC!

Electric paint lets you draw a working circuit between battery and LED light—all included in this flashing card set. \$22.95 for three; thegrommet.com

3. SLIDE RULES

Clever clip pens slip onto almost anything. \$9 for three; neo-utility.com

4. CLEAN CUT

The Divoga Metallic Pop Scissors have form (ergonomic!) and function (sharp!). \$3.99; officedepot.com

5. SMELL ENDOWED

Scented gel pens answer the eternal question: What do glitter, pastel, and neon smell like? \$19.98 for 24; heartsong.com

6. COLOR THEORY

Wild Dill Eco-Wedge Crayons have four drawing points. \$22 for 12; 11main.com

RULE SCHOOL

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8. MEASURE UP

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READY, SET, STYLE

1. PLAY TIME Staying on schedule is a cinch with a colorful Swatch watch. \$50; store.swatch.com

2. WRAP STAR Fun tassels and a pretty print make this scarf a must. \$16.50; landsend.com

3. HEAD GEAR Comfy, stretchy, handmade headbands. \$12 for dots, \$8 for floral; mintandarrows.etsy.com

4. COOL KICKS Each pair of these canvas sneakers is designed by a different artist. Submit your own design for a chance to create an original. \$54-\$88; bucketfeet.com

5. TOTE COUTURE This insulated, leakproof lunch box is made with eco-friendly coated linen. \$30; honest.com

6. PACK IT IN With a key clip and multiple compartments, everything has a place in this cheery State backpack. \$55; nordstrom.com

7. STEP LIVELY You and your feet will get happy when you slip on a pair of these socks, available in more than 25 playful prints. From \$11.99; wovenpair.com

8. MAD FOR PLAID A soft sweatshirt hood adds warmth to classic flannel. \$44.95; llbean.com

STREET ART This pair of BucketFeet shoes, aka The Dro, was designed by Laura Dro of Jacksonville, Florida.

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back to school

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Build endless possibilities.



get crafty light idea

Kids' room decor gets a whole lot brighter with simple cupcake liners.

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Supplies

Green paper
(heavy construction paper)

Standard and mini cupcake liners

Crafts knife

Quick-setting gel glue

LED light string



FREE PATTERNS

Get templates for the petals and leaves, plus two more craft ideas. BHG.com/FlowerLights

Leaves

Cut an equal number of double- and single-leaf shapes from green paper, one for each light. (Use our free printable templates as a guide.) Set aside.



Large flowers

1. Turn a standard cupcake liner inside out, then layer inside another standard liner, pairing different colors or patterns for more interest. Holding the two liners together, fold in half, then fold two more times to create a triangle. Trim the top edge into a petal shape (you can do it freehand or use our petal template). Unfold, then smooth into cup shape.

2. Cut a small X (about $\frac{1}{4}$ inch) in the center of the flower; this is where it will attach to the light. Glue a set of double leaves to the bottom, avoiding the X. Let dry 10 minutes.

3. Turn a mini cupcake liner inside out and repeat the folding and cutting process from Step 1. Cut a small X in the middle and place inside the larger flower.



Small flowers

1. Turn a mini cupcake liner inside out, then fold and cut as above. Unfold, then smooth into cup shape.

2. Cut a small X in the middle. Glue single leaf to the bottom of the flower, avoiding the X. Let dry 10 minutes.

Assemble

Alternating small and large sizes, thread a flower onto each bulb on the string, pinching the paper slightly at the base to secure. ■



Give your child Rice Krispies and see what they create.



health REPORT CARD

Forgetting to floss. Sleeping with your contacts in. When it comes to healthy living, nobody's perfect.

But just how harmful are those not-so-great habits? Find out how they measure up.

BY BARBARA BRODY



(A-)

WALKING IS MY ONLY EXERCISE.

You can feel pretty good about this one—as long as you do it enough. Walking at least 30 minutes, five days a week, might reduce your risk of heart disease, type 2 diabetes, osteoporosis, and breast cancer. The reason for the minus? You're missing out on the benefits of other forms of exercise, says Panteleimon Ekkekakis, Ph.D., associate professor of kinesiology at Iowa State University. For a truly comprehensive fitness program, you'll need resistance training to build muscle mass, and flexibility work (stretching, yoga, pilates).

For an A+, Ekkekakis suggests varying your pace (add bursts of speed walking to a moderate stroll), stretching as you warm up and cool down, and working with free weights or resistance bands for 15 minutes.

(B)

I DON'T GET A CHECKUP EVERY YEAR.

You're probably OK, especially if you're under 50 and healthy—no smoking, lots of fruits and vegetables, daily exercise. "The majority of our long-term health depends on our everyday habits," says Henry Lodge, M.D., professor of medicine at Columbia University Medical Center in New York. His advice: Aim for a checkup every five years in your 20s, every three in your 30s, and every two in your 40s. Once you hit 50, go annually. "That's when you can discuss how your diet, stress, and exercise habits may be impacting your risk of heart disease, diabetes, and other conditions," Lodge says. Also go yearly if you have a family history of any of those conditions, regardless of age.

I WEAR FLATS EVERYWHERE.

(C+)

Look, we get you—they're easy to walk in, easy to pack. But they're not easy on your body. Especially if you're doing a lot of walking, flats shouldn't be your everyday shoes, says Megan Leahy, D.P.M., a podiatrist and spokesperson for the American Podiatric Medical Association. "They typically don't give you support or cushioning," she says. In flats, your feet are subjected to excess stress and pressure, which can lead to pain in your feet, knees, hips, and back.

We're not saying stilettos are the answer, but you should look for a heel height of at least 1 inch. And when you do wear flats, choose shoes with somewhat rigid soles, which means they provide some support. How to tell? Use the "twist and bend" test: If they twist or bend easily, pick another pair.



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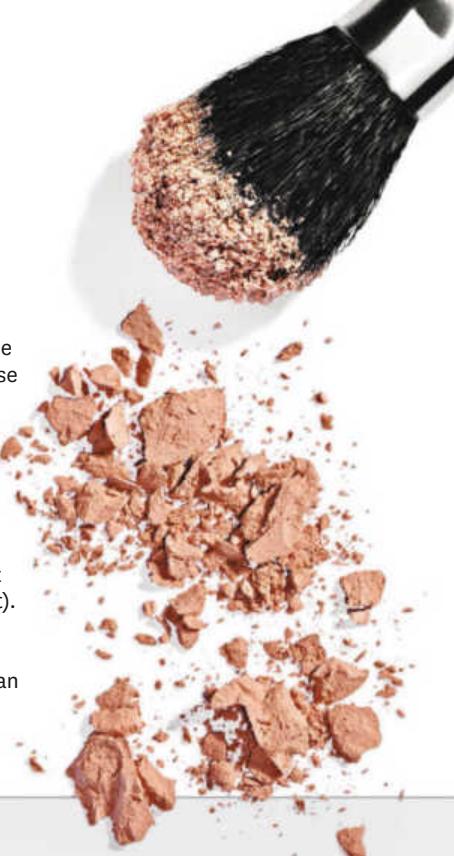
I ONLY FLOSS ONCE A WEEK.

Something's better than nothing, but once a day should be your goal. "A toothbrush alone can't effectively clean the tight spaces between your teeth," says San Antonio dentist Ana Paula Ferraz-Dougherty, a spokesperson for the American Dental Association. And there's more at stake than a lecture from your dentist: Not flossing can lead to gum disease or tooth decay and might increase your risk of heart disease and diabetes. With so many different kinds of floss—waxed, unwaxed, thick, as well as prethreaded flossers—there's got to be one that works for you.

I'M TOO TIRED TO WASH MY FACE BEFORE BED.

It's not a life-and-death situation, but it's not good for your skin, either. Leaving makeup on overnight can cause breakouts or irritate your skin and cause red, itchy eczema, says dermatologist Joshua Zeichner, M.D., director of cosmetic and clinical research at Mount Sinai Hospital in New York.

For occasional slip-ups, do a little damage control the next morning by changing your pillowcase (so you don't sleep on a dirty one the following night). If you frequently forget to wash up, try stashing some makeup remover towelettes in your nightstand so you can just reach over from bed and wipe.



I CHANGE MY SHEETS EVERY OTHER WEEK.

OK, get ready for the gross: Wake up with a stuffy nose or headache? Could be the multitudes of dust mites and dead skin cells that have collected on your bedding, says Philip Tierno, Jr., Ph.D., professor of microbiology and pathology at the NYU School of Medicine. "Washing sheets once a week in hot water is a must, especially for allergy sufferers," Tierno says. "Even people who don't think they have allergies react to the allergens on bedding."



I HAVE A GLASS OF WINE EVERY NIGHT—A BIG ONE.

A little vino is good for your heart, but the key word here is *little*. For women, that means no more than 5 oz. a day. If you're pouring to the rim, that's closer to 9 oz. "If you end up having two or more glasses a day, it crosses over to harmful," says Henry Lodge, M.D., co-author of *Younger Next Year*. "At that amount, your risk of stroke, dementia, and some forms of cancer all go up." Protect yourself by being a bit more stingy with your pours. When in doubt, fill your glass halfway.

I DON'T ALWAYS WASH FRUITS AND VEGETABLES.



Chances are you'll be fine, but all produce should get a thorough wash under running water and be dried with a clean cloth or paper towel, says Sonya Angelone, R.D.N., a California-based nutritionist and spokesperson for the Academy of Nutrition and Dietetics. This removes any dirt, pesticides, and bacteria. While your body can handle many types of bacteria, certain ones (like listeria and E. coli) can make you seriously ill. The FDA also advises scrubbing firm-skinned produce (like cucumbers and melons) with a clean produce brush. Even produce where you don't eat the skin should be washed: Bacteria can be transferred from peel to fruit via hands or knives.



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Fermented dairy products—like yogurt and kefir—can have an anti-inflammatory effect.



I EAT FULL-FAT CHEESE AND YOGURT.

Real cheese, please! Enjoying a reasonable amount of the full-fat version is just fine for most people, nutritionist Sonya Angelone says. In fact, research has shown that eating full-fat dairy might help lower your risk of diabetes and even obesity, in part because some people find full-fat dairy more satisfying than reduced-fat, so they can eat less.

The catch: You've got to keep portions in check, or calories and saturated fat can quickly add up, which is not great for people with high cholesterol or other heart disease risk factors. Limit yourself to 1 cup regular yogurt and 1-2 oz. cheese per day; if that's not realistic, switch to the light versions.



I SLEEP WITH MY CONTACTS IN.

When you close your eyes at night, you basically create a little incubator for bacteria, says Theodore Leng, M.D., clinical assistant professor of ophthalmology at Stanford University School of Medicine. Leaving contacts in could lead to an infection or even damage your cornea.

Yes, certain contacts are “extended wear,” which technically includes overnight, but Leng says he wouldn’t risk it; he removes his every night before bed.



I CUT MY CUTICLES.

Unless you have a hangnail, step away from the clippers. “Trimming can leave the base of your nail unprotected and increases your risk of irritation and infection,” dermatologist Joshua Zeichner says. If that area gets infected, your nail could grow abnormally. Consider pushing your cuticles back instead.



I ONLY GET FIVE HOURS OF SLEEP EACH NIGHT.

Chronic sleep deprivation really does a number on your body: It dampens your immune system and your brain power, and even expands your waistline.

The sweet spot for adults: seven to nine hours nightly. If that's not you, start heading to bed 10 minutes earlier each night until you've reached the right amount. It's better to be consistent than to sleep 11 hours one night and five hours the next.



I WATCH TV IN BED BEFORE I GO TO SLEEP.

Compared to a smartphone or laptop, the light coming from the TV is pretty far from your eyes, so it's less likely to mess with your circadian rhythms, says Joseph Ojile, M.D., medical director of the Clayton Sleep Institute in St. Louis. Just be smart about your choice of programming. Don't get revved up by watching an action-packed or gruesome show.

As for that sleep timer on the TV, Ojile says skip it. “People who get used to drifting off with the TV on have trouble going back to sleep if they wake in the middle of the night,” he says. “You shouldn't need the TV to fall sleep.” ■



Robin Roberts
Co-anchor, ABC's *Good Morning America*
breast cancer survivor and marrow transplant recipient

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GOOD TO GO

Start the day the delicious way with a healthy and satisfying breakfast sandwich. The prep won't set you back more than 15 minutes!

RECIPES BY MAGGIE GLISAN



SOUTHWEST SUNRISE

Toast a whole grain sandwich thin and spread with $\frac{1}{4}$ cup mashed black beans. Add a fried egg, 2-3 thinly sliced radishes, 1 Tbsp. crumbled feta cheese, cilantro, and a dash of pepper. Prep the beans ahead (rinse, drain, mash) to save time.

EACH SANDWICH

258 cal, 8 g fat, 16 g pro.

AVOCADO GRAPEFRUIT

Top whole wheat toast with $\frac{1}{2}$ mashed avocado, $\frac{1}{4}$ cup very thinly sliced fennel bulb, and 2 slices seeded grapefruit. Add a drizzle of honey, pinch of salt, and fennel greens, then top with second slice of toast.

EACH SANDWICH

432 cal, 15 g fat, 10 g pro.

BLUEBERRIES & BACON

Frozen whole grain pancakes serve as the bread. Sandwich between them 2 slices bacon, 2 Tbsp. ricotta cheese, 1 Tbsp. lemon curd, and 2 Tbsp. blueberries.

EACH SANDWICH

324 cal, 11 g fat, 10 g pro.

CHICKEN & WAFFLES

Stir together 1 Tbsp. Dijon-style mustard and $\frac{1}{2}$ tsp. maple syrup, and spread over 2 toasted whole grain waffles. Fill sandwich with 1 or 2 chicken-maple sausage patties and $\frac{1}{4}$ sliced pear. Try it open-faced.

EACH SANDWICH

292 cal, 11 g fat, 15 g pro.

TROPICAL TREAT

Spread half a bagel thin with 1 Tbsp. coconut butter (it's thick and smooth like peanut butter; find it in the natural foods section). Add 3 slices ham, $\frac{1}{3}$ sliced mango, $\frac{1}{2}$ thinly sliced green onion, and 1 Tbsp. toasted coconut flakes. Twist lime slice over, then top with second half of bagel.

EACH SANDWICH

354 cal, 18 g fat, 15 g pro.

PEANUT BUTTER CRUNCH

Layer 2 Tbsp. peanut butter, $\frac{1}{4}$ thinly sliced apple, celery, and 1 Tbsp. raisins between 2 slices of seven-grain toast.

EACH SANDWICH

403 cal, 19 g fat, 16 g pro. ■

Deliciously
HEART HEALTHY

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

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DESIGN PROFESSIONALS FEATURED IN THIS ISSUE

FIRESIDE COCKTAILS, pages 26–28

Recipes, food preparation, photography and illustration: Erin Gleeson, studio@eringleeson.com; eringleeson.com.

VINTAGE TREASURE, pages 31–38

Interior designer: Kishani Perera, Kishani Perera Interior Design, Beverly Hills, California; 323/935-5422; kishaniperera.com.

SIGNATURE STYLE, pages 42–48

Professionals interviewed: Jen Ramos, Made by Girl; madebygirl.com. Emily Henderson; stylebyemilyhenderson.com. Trina Turk; trinaturk.com.

NATURAL FIT, pages 50–54

Color expert: Patrick Mele, Patrick Mele Design, New York City; 203/550-2264; patrickmele.com.

1-2-3 PUNCH, pages 64–66

Fabric designers: Suysel dePedro Cunningham and Anne Maxwell Foster, Tilton Fenwick, New York City; 212/524-0010; tiltonfenwick.com.

OLD SCHOOL, NEW IDEAS, pages 92–99

Architect: Ben Waechter, Waechter Architecture, Portland, Oregon; 503/894-9480; benwaechter.com.

LEGAL NOTICE

If you purchased the muscle relaxant Skelaxin or generic metaxalone, your rights may be affected by and you could get a payment from a class action settlement.

A settlement has been reached with Mutual Pharmaceutical Company, Inc. ("Mutual") in a class action lawsuit about whether Mutual and King Pharmaceuticals, Inc. ("King") acted unlawfully to keep generic versions of Skelaxin off the market. Mutual denies all of the claims in the lawsuit, but has agreed to the settlement to avoid the cost and risk of a trial. The lawsuit is not proceeding against King.

Who's Included? The settlement includes people and entities in the U.S. or its territories who purchased, paid for or reimbursed some or all of the purchase price of Skelaxin or its AB-rated generic equivalent (metaxalone) at retail or mail order pharmacies located in AZ, AR, CA, FL, IA, KS, ME, MA, MI, MN, MS, MO, NE, NV, NM, NY, NC, ND, OR, PA, RI, SC, SD, TN, VT, VA, WV, WI, or Washington, D.C., in any form, for personal or family use, or for their members, employees, insureds, participants, or beneficiaries, other than for resale, between November 4, 2005 and August 5, 2014 ("Settlement Class Members"). There are two groups included in the settlement: consumers and third party payors ("TPPs"). If you are a consumer and your insurance plan requires you to pay a flat co-payment (the same amount for Skelaxin and generic metaxalone), you are *not* included in the settlement.

What Does the Settlement Provide? A \$9 million Settlement Fund has been established by Mutual. After the deducting Plaintiffs' Class Counsel attorneys' fees and expenses and the costs of settlement notice and administration, 28% of the net the Settlement Fund will be made available to consumers and 72% will be made available to TPPs. Payments will be based on the qualifying amount of Skelaxin or generic metaxalone purchased, the amount paid for those purchases and the total amount of purchases

claimed. Consumers will receive their share of the consumer portion of the net Settlement Fund in proportion to their qualifying purchases.

How Do You Get a Payment? You must submit a claim form by **October 31, 2015**. Claims may be submitted online or downloaded for mailing at www.skelaxinsettlement.com. Claim forms and instructions are also available by calling 1-866-267-0396 or by writing to *In re Skelaxin (Metaxalone) Antitrust Litigation*, PO Box 43278, Providence, Rhode Island 02940-3278.

Your Other Options. If you are included in the settlement class and you do nothing you do nothing, your rights will be affected and you won't get a payment. If you don't want to be legally bound by the settlement, you must exclude yourself from it by **September 28, 2015**. Unless you exclude yourself, you won't be able to sue or continue to sue Mutual for any claim made in this lawsuit or released by the Settlement Agreement. If you stay in the settlement (*i.e.*, don't exclude yourself), you may object to it or ask for permission for you or your own lawyer to appear and speak at the hearing—at your own cost—but you don't have to. Objections and requests to appear are due by **September 28, 2015**. More information about these options is in the detailed notice available at www.skelaxinsettlement.com. The Court will hold a hearing in this case (*In re Skelaxin (Metaxalone) Antitrust Litigation*, MDL No. 1:12-md-2343) on November 2, 2015 to consider whether to approve the settlement and Plaintiffs' Class Counsel attorneys' fees of up to 33 1/3% of the Settlement Fund, plus reasonable costs and expenses. If approved, these fees, costs and expenses will be paid from the Settlement Fund before making payments to Settlement Class Members.

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BUTTER UP

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WEEKNIGHT DELICIOUS

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RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

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My lifestyle gave me wrinkles

Diana is 29 years old and works as a sales assistant in Copenhagen. "I have always loved the outdoors and staying in the sun, even without protection. But unfortunately my skin started to show signs of wrinkles already in my 20's, particularly on my forehead, which frustrated me a lot. So much so, that I chose to get bangs.

I had tried other products from New Nordic with good results so when I noticed they

had a skin care tablet, I bought the product right away. The price was surprisingly low compared to other skin products I have at home.

Now, I have used the tablets for 6 months and they really work for me. I am ready to get rid of my bangs and show my forehead again. I don't feel like stopping the tablets because I feel my skin looks better, tighter and healthier. Skin Care will surely be part of my daily skin care routine now."

Diana, Copenhagen

YOUR SKIN TABLET



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i did it!

“These little updates went such a long way. They truly turned this place into a cottage we love.”

Lindsay Jackman

AT HOME WITH Lindsay and Chris Jackman and their daughter, Rosie, in Greenville, South Carolina.

THEIR PROJECT Give their home curb appeal by replacing unattractive downspouts and wrought-iron posts with wooden columns, painting the stoop, and even removing an odd window for balance.

FAVORITE FEATURE “The wooden door. It pops against the white and brings in the rustic quality I love,” Lindsay says.

EASIEST PROJECT “Making the new shutters.”

BEST ADVICE “Do what you love. A home should speak to you—and embrace you at the end of the day.”

See more projects on Lindsay's blog: The White Buffalo Styling Co. ■



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